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eat in \* eat out \* eat away

DECEMBER 2010 \* UK £3.50

# olive



48  
PAGE  
RECIPE  
BOOK  
INSIDE

106  
festive  
recipes

## Christmas *made easy*

INSPIRING  
RECIPES

- \* 5 fantastic Christmas menus
- \* Spectacular veggie main
- \* Show-off desserts

SMART BUYS

- \* RICK STEIN, GILES  
COREN & JAMIE  
OLIVER's Christmas lists
- \* Stylish cheats (page 33)

ESCAPE!

- \* 8 best UK festive food cities



Mocha chocolate roulade, page 58

*plus* 15 pages of  
everyday recipes  
for December







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**\*This month choose from two stylish covers!**



Mocha chocolate roulade - see the full recipe on page 58



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Subscribe to **olive** this month and we'll send you a **FREE** copy of *Kitchen: Recipes from the Heart of the Home*, worth £26. Call **0844 848 9747** and quote OLP1210 or see **page 74**



### LOOK OUT FOR THESE HIGHLIGHTS

Clever short cuts and time-saving ideas that give great results - such as chargrilled polenta with balsamic mushrooms, page 100.



Most of **olive**'s recipes don't require tonnes of effort, but those marked with this stamp are a doddle.



Quick recipes that you'd never guess would take so little time.



As voted by the **olive** team. If you only try one recipe, make it butterscotch pudding and whisky sauce, page 64.



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## Why olive recipes work every time

We test all recipes at least three times so they work without fail for you

- 1 The first time is by the recipe writer, who tests the recipe it in a domestic kitchen.
- 2 Next, a member of the cookery team makes the recipe in the **olive** test kitchen.
- 3 The recipe is then tested at our photo shoot. Some recipes are tested a fourth time at home by individual members of the **olive** editorial team - we're all keen cooks and often can't resist trying out a recipe we particularly love as soon as we've discovered it.



\* ON THE COVER

December 2010



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\* Testing our recipes three times or more  
may seem over-cautious, but mistakes can  
be costly, so we think it makes sense to  
ensure you get the right result every time.

\* We've also checked that the majority of  
ingredients are available to buy easily and  
provide online suppliers for those that are  
trickier to find.

\* If you need help with a recipe, please  
phone us on 020 8433 1402 between  
9.30am and 5.30pm, Monday to Friday, and  
we'll be happy to help. Or email us at  
oliveletters@bbc.com and we'll get back to  
you as soon as possible.

\* This symbol means recipes can be frozen.  
Unless otherwise stated, freeze for up to  
three months. Defrost thoroughly before  
eating and heat hot food until piping hot.



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## Hungry for more recipes?

Look out for three new publications from BBC Magazines, on sale now.







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# Welcome to olive



This special Christmas issue comes with three different covers; red and white ones in the shops, and a special subscriber's version (see all three below). It's all about getting what you want this month. Our reader panel tells us that they are either firmly in the anything-but-turkey camp or ardent fans of the festive bird. If you're in the latter group and need

some inspiration to keep things interesting, choose from three menus - classic, Italian and Middle Eastern (page 40). Turkey refusniks can turn directly to Matt Tebbutt's rib of beef (page 61) or for a Swiss alternative, give the Alpine menu (page 120) in this month's *eat away* section a go.

Taking a few shortcuts where they won't be noticed is the mark of a smart cook - the key is to know where to shop. Find **olive**-approved buys (page 33) that allow you to get on with the serious business of enjoying yourself. Even Rick Stein buys his fruitcake, and you'll find the rum butter at Chez Oliver isn't made by Jamie's own fair hand. Find out where they stock up in our secret address book special (page 24).

Our next issue is packed with ideas for all your festive finishing touches, and our predictions for 2011's hottest recipes, out 8 December.

Enjoy the holidays, from all the **olive** team.

*Christine*

Christine Hayes EDITOR



## BEST OF THE BBC

What treats do you leave for Santa? Here's what our contributors say:



**ANTONIO CARLUCCIO**

'A plate of spaghetti!'  
Our favourite Italian chef tells us where he buys his festive ham and salami on page 26.



**SHEILA DILLON**

'A glass of Julian Temperley's 15-year-old cider brandy and a slice of my Christmas stollen.' The Radio 4 *Food Programme's* presenter suggests giving apples for Christmas, page 30.



**JOHN TORODE**

'Slimfast.'  
John's makes a great vegetarian main course on page 80.

## ALSO IN THIS ISSUE

**JAMIE OLIVER**

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**GORDON RAMSAY**

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**RICK STEIN**

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**GREGG WALLACE**

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p31



need to know  
your letters

# Over to you

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from time to time to ask your  
opinion on **olive** and everything  
food related. To join,  
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## READER BLOG OF THE MONTH **flyingdebster.wordpress.com**

Debbie Rosen's blog is a no-nonsense selection of baking recipes - all tried, tested and highly achievable. She restricts the details on her personal life to amusing snippets, maintaining an admirable focus on the baking at hand.

**DEBBIE SAYS** 'I've tried to make my blog fun and friendly so that people normally afraid of baking have a go.'

**\* Do you write a really outstanding blog that's worth sharing with other olive readers? Let us know by writing to **oliveletters@bbc.com****



## MY RECIPE

**olive** reader Tony Farmer  
shares his favourite treat for  
Christmas - eat them yourself  
or package and give as a gift

## Fruity toots

20 minutes ■ Makes 30 ■ **EASY**

dried apricots 100g  
dates 100g  
raisins 100g  
almond or brazil nuts 200g  
dried cranberries 50g  
omega seed mix 100g  
ground hazelnuts 4 tbsps

desiccated coconut

- Chop up the dried fruits and nuts into small, equally-sized pieces. Put in a large bowl and combine with the omega seed mix. Add the ground hazelnuts, then pour in apple juice a little at a time until you have a thick, rollable mixture. Roll into 2cm balls.
- Pour desiccated coconut into another bowl and roll each ball in it to thoroughly coat. Store in a plastic container in the fridge for up to a couple

■ PER SERVING 106 kJ, protein 2.7g, carbs 91g, fat 6.8g, sat fat 1.2g, fibre 2.2g, salt 0.02g



**\* What's your favourite recipe? Share it with other olive readers by emailing us at **oliveletters@bbc.com****

La Parisienne  
in Braishfield



**olive**  
INSIDERS'  
POLL  
When do you start  
thinking about Christmas?  
OCT - 52%  
NOV - 36%  
DEC - 10%  
DEC 24TH - 2%

## WRITE TO US AND WIN!

**Nikki Riches** wins  
this month's prize  
of a Kenwood kMix  
hand blender in  
cream. Next  
month's winner will  
receive the kMix  
hand blender  
in black.



## FOOD NATION **BRAISHFIELD**

**olive** reader **Nikki Riches** shares her suggestions  
for where to eat and drink in her home town

**\* LUNCH** Hidden down a country lane, the Newport  
Inn is a real treat. The menu is ham or cheese

ploughmans, £2.60, or ham and cheese ploughmans, £3. You get loads: a big wedge of local cheese, ham cut from the bone, pickles and chutney. There's also good ale. This village was used in 1980s TV series *Worzel Gummidge*. (Braishfield, Hampshire; 01794 368225)

**\* DRINKS** La Parisienne is a French bistro with a wide selection of cocktails. It's a fabulous place to unwind among the old French memorabilia. (Cocktails from £6.95; la-parisienne.co.uk)

**\* DINNER** The Three Tunns, in a 17th-century building with beams and contemporary décor, has a warm welcome and superb food. Try the bouillabaisse if it's on. (Mains from £8.50; the3tunsromsey.co.uk)

**\* Can you recommend great places to eat in your hometown? Let us know by emailing us at **oliveletters@bbc.com**.**



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# Starters

This month's Christmas must-buys, smart festive trends and our top 10 gift guide

Edited by JANINE RATCLIFFE

Photographs GARETH MORGANS

## COINING IT

Paul A. Young's finely crafted artisan chocolates combine the best chocolate with seasonal ingredients, such as clove and chestnut, and experimental ones such as pine and tobacco.

This year we'll be brightening our Christmas stockings with a handful of his colourful caramelised milk chocolate coins (£9.95 for a tube of 20/[paulayoung.co.uk](http://paulayoung.co.uk))



## need to know shopping. trends. news



**NEW  
SERIES**

### WINE-LIST STARS INNOCENT BYSTANDER

**Sarah Jane Evans MW gives us her tips  
on the brands to look out for on restaurant  
wine lists**

The easy-going name hides a great pedigree – Innocent Bystander is the little brother of Giant Steps (named after the John Coltrane album). The owners, the Sexton family, formerly owned Devil's Lair in Western Australia. The Innocent Bystander winery in the Yarra Valley is well worth a visit for its pizzas from a wood-fired oven, its cheese room (run by a former Neal's Yard employee), its coffee beans and its impressive collection of beers. Innocent Bystander makes the Yarra Valley classics of pinot noir and chardonnay, in addition to shiraz, pinot gris and sangiovese, and two sweet wines. Small production, well-made, generously flavoured young wines, fairly priced: from £9.45 at slurp.co.uk. In London, the Bystander wines are available at Quo Vadis, The Boundary, E & O, and The Modern Pantry. They are also listed at the Salt House Harbour Hotel (Ipswich), Bovey Castle (Dartmoor), The Atrium and Valvona & Crolla (both Edinburgh).

### CHRISTMAS CRACKER

Need half an hour prep time without the help of eager guests? Distract them with this stylish nutcracker and a glass of chilled fino while you finish your work in the kitchen. (£22.50/robertwelch.com)



### ONE TO WATCH CHRISTOPHER HRUSKOVA

**Chef/restaurateur**

This talented Danish chef showed up on **olive's** radar when cooking at Fig in Islington, north London, a small restaurant that stood out for its ambitious menu. Beetroot with smoked bone marrow, sea buckthorn and vanilla ice cream were not the dishes you'd expect in an average neighbourhood restaurant, so it's been a hidden gem for four years. Now Christopher has opened a new venue, North Road, in foodie enclave Clerkenwell and, as it's down the road from St John, Modern Pantry and Bistrot Bruno Loubet, there's a wider audience for his cooking. Fig has become Fig Bistro, serving simple classics such as British charcuterie (£7.50), Herdwick lamb (£15.50), and crème brûlée (£5.50). Whether you prefer culinary pyrotechnics or hearty bistro food, you can be sure of seasonal, well-sourced ingredients at both venues. (Fig-restaurant.co.uk and northroadrestaurant.co.uk)

### SUPERMARKET SWEEP

Recover from Christmas shopping with this speedy weeknight supper



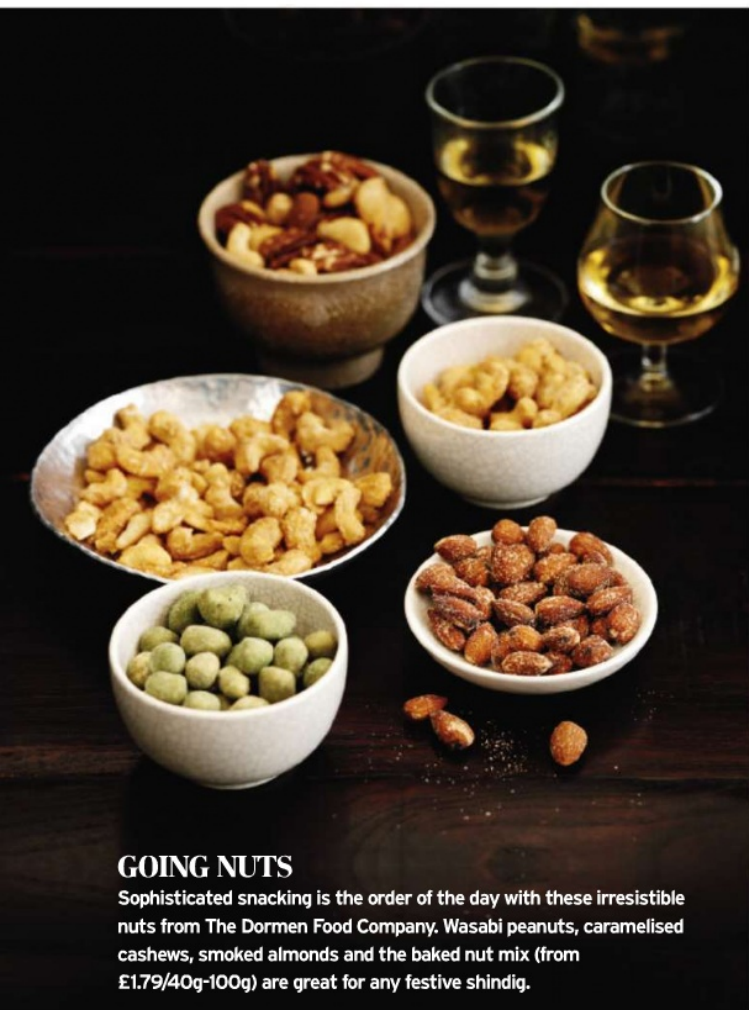
**TOTAL COST  
£5.90**

### Butternut and porcini open ravioli

20 minutes ■ Serves 2 ■ **EASY**

Steam a pack of **Essential Waitrose butternut squash** (£1.69/500g) until tender. Soak a pack of **Merchant Gourmet porcini mushrooms** (£1.78/25g) for 10 minutes, drain and fry in a some olive oil with a handful of chopped **Waitrose flat-leaf parsley** (85p/20g) then add the squash and gently crush. Slice 4 **Waitrose lasagne sheets** (£1.49/300g) in half and drop individual squares into a pot of boiling water until cooked. Layer the lasagne sheets with porcini and squash and finish with some more chopped parsley and shavings of **Colla Grana Padano** (£1.88/150g)





## GOING NUTS

Sophisticated snacking is the order of the day with these irresistible nuts from The Dorman Food Company. Wasabi peanuts, caramelised cashews, smoked almonds and the baked nut mix (from £1.79/40g-100g) are great for any festive shindig.

## THREE OF THE BEST CHRISTMAS CRACKERS

Add a finishing touch to your festive table with a box of gorgeous crackers; **Luxury Burlesque Crackers** (£25/6, House of Fraser), **Melchoir Christmas Crackers** (£39.95/6, Daylesfordorganic.com), and **Fortnum & Mason Traditional Christmas Crackers** (£100/6, fortnumandmason.com).



DECEMBER 2010

# This pan will change the way you cook forever.

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**Sarah**, Head Teacher  
Hertfordshire



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## GIFTS TOP 10

Gorgeous gifts for food lovers, whatever your budget



- 1** At the top of our gift list is this chic Spanish Ascaco coffee machine. Let the coveting commence. (£595/Harvey Nichols).



- 4** One of our favourite discoveries this year is the East India Company, perfect for beautifully packaged food gifts. We love their chocolate truffles, particularly when they come in this scarlet princess box (£25/theeastindiacompany.com).



- 5** This gorgeous peacock espresso cup and saucer makes a very elegant gift for coffee fiends. For those who prefer to drink tea, the design also comes as a mug (£6.50/House of Fraser).



- 7** These fragrant olive oils from top fragrance house Miller Harris come in three varieties; citron, sauvage and poivre, and make a smart stocking filler (£14/250ml; millerharris.com).



- 6** New Midnight Blue range from Le Creuset. This will remain on our gift list, until we get one (from £95/lecreuset.co.uk).



- 8** Pay a visit to anthropologie.eu for a range of chic and quirky gift ideas. We love the Eglise Du Dome butter dish, £16.



- 2** A chocolate kit by the award-winning Trish Deseine is the present for budding chocolatiers and chocoholics alike. It comes complete with chocolate moulds, basic tools and a copy of Trish's book, *Atelier Chocolat* (£25/Selfridges).



- 3** Bakers will love showing off their creations in this stunning cake stand. Perhaps they'll make you a cake as a reward (£60/lsa-international.com).

- 9** This biscuit is perfect for any festive celebration. The three wise men are iced onto a vanilla biscuit base (£14.50/prettytasty.co.uk).



- 10** This stylish Luna sauce boat will smarten up any festive table (£26/jamieoliver.com).







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## THE JURY'S OUT Christmas pudding



### THE CASE FOR

The worst thing about Christmas pudding is that you only get it at Christmas. I can think of no other pudding as rich or grown-up tasting, and certainly none that are usually served with brandy butter. That alone would make it my favourite pudding, but it also has money in it (not mine) and it comes into the room aflame, hilariously combusting aunty's Christmas hat, and you don't have to sing when it turns up either! Come on Scrooge, get it down your neck.

**Gregor Shepherd**

### Like it or loathe it?

Join the debate on our Facebook page - search 'olive magazine' on Facebook to rate or slate Christmas pudding.

### NEXT MONTH STUFFING

facebook

### THE CASE AGAINST

It looks like a bomb. It weighs as much as a small baby. And you serve it on the day when most people's breakfast consists of the contents of a selection box and lunch racks up 1,000+ calories. I like the idea of the Christmas pud, but like Mr Creosote and his 'waffer-thin' mint, it's a step too far, even for a bunter like me.

**Janine Ratcliffe**



## CUPBOARD LOVE CRANBERRY SAUCE

### Clever ways to use up that jar

#### \* Cranberry, turkey and brie muffedetta

Cut a round, crusty loaf in half and scoop out some of the bread. Layer dressed watercress, sliced turkey, brie, then cranberry sauce on top. Sandwich together, wrap in foil and weight down for an hour. Cut into wedges to serve.

#### \* Cranberry and vanilla muffins

Stir a couple of tbsp cranberry sauce and 1 tsp vanilla essence through muffin batter and bake until golden.

#### \* Goat's cheese and cranberry melts

Toast slices of sourdough then spread with cranberry sauce and top with slices of goat's cheese. Grill until bubbling and serve with a salad.

#### \* Balsamic and cranberry dressing

Heat 2 tbsp cranberry sauce in a small pan then add 2 dashes of balsamic vinegar and a splash of water. Drizzle over warm chicken salad.

#### \* Apple and cranberry cabbage

Braise shredded red cabbage in a casserole with sliced apples, onions, a couple of tbsp cranberry sauce and a splash of water until tender.

For the ultimate cranberry sauce see olive-approved buys on page 33.



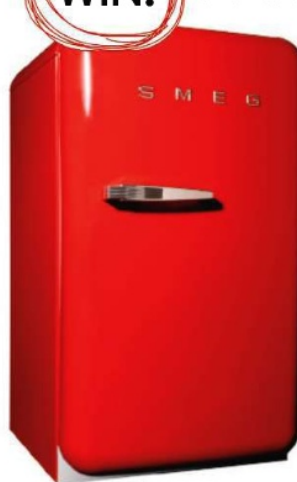
## ALL THAT GLITTERS

This Christmas, say it with Edible Bling Spray (£24.99/firebox.com). The silver and gold sprays come in cool mini-spray paint cans, so shake them up and glit anything from cakes to satsumas.

WIN!

## A FESTIVE FRIDGE!

Smeg is offering one lucky olive reader a gift with the wow factor this Christmas. Adding a splash of festive colour to your kitchen, Smeg is



giving away a red FABIO refrigerator. Smeg's iconic retro range of appliances bring originality and personality to any space. The glossy metre high FABIO fridge features the same soft rounded corners and 50s-style lettering as the full size FAB appliances. It measures 60cm wide, has 120 litre capacity, a 13-litre ice compartment, two adjustable shelves and covered fruit and veg drawer making the FABIO both practical and stylish. For Smeg fanatics, visit smegretro.co.uk. As well as the FAB refrigerators, Smeg's range of FAB appliances include four bright and four pastel shades of 60cm dishwashers with colour-coordinating racks and cutlery baskets. There are also AAA energy-rated washing machines in pink, pastel blue, cream and black.

**For your chance to win send your name, address and contact number to: olive December Smeg giveaway, PO Box 501, Leicester, LE94 0AA or go to [bbcgoodfood.com](http://bbcgoodfood.com) and click on competitions.**

TERMS & CONDITIONS 1. The promoter is Smeg. 2. The promotion is open to residents of the UK mainland over the age of 16, except employees and their families/friends of BBC Worldmag Ltd and all promoting companies. 3. One entry per person. 4. The closing date is 31 December 2010. 5. The winner will receive a Smeg FABIO refrigerator in the colour of their choice. 6. Winners will be contacted within 28 days of the competition closing date. 7. Smeg will deliver the chosen appliance within 28 days of contacting the winner. 8. Winners will have 6 months to claim their prize. 9. For full T's & C's see page 158.



# The shortcut to home-made pastries

Make mini quiches & tarts  
in minutes

My Kitchen  
Mini Morsel Set  
**£15.99**

★★★★★

**Fantastic**

"I cannot rate this set highly enough and would not be without it now. I found the dibber very easy to use – just dip it in flour first. Perfect bite-size morsels every time. Keep up the good work Lakeland!"

Jennifer Cawley, West Midlands



**P**lanning a get-together? Impress your friends with home-made mini mouthfuls, that look like you've spent an age creating, but actually took minutes to make! That's what Lakeland is all about, innovative products that give great results and make your life that little bit easier... and with Christmas approaching, who doesn't want that!

Lakeland is a name to be trusted, and as every item you buy from us is backed by our 'no ifs or buts' money-back guarantee, you can shop with Lakeland in absolute confidence.

 **LAKELAND**  
the home of creative kitchenware™

**Call 015394 88100 for a FREE catalogue    48 stores nationwide    [www.lakeland.co.uk](http://www.lakeland.co.uk)**

**Rated No.1 High St Shop by Which?** – Lakeland was placed joint 1st out of 100 high street retailers in the **Which?** High Street Shops Survey, June 2010.





### TRENDS WE LIKE **GOING FOR GOLD**

- \* Midas gold 24-piece cutlery set, £150/heals.co.uk
- \* Tumblers with hand-painted gold bases, £18.50 for 4/pedlars.co.uk
- \* Hand-thrown glazed bowl £26/notonthehighstreet.com
- \* Seletti gold takeaway milk carton jug, £15.50/heals.co.uk
- \* Odette dinnerware, from £6.50/House of Fraser

## Classic British dishes with an Opies twist

### Steak and Kidney Pie with **Opies Pickled Walnuts**

#### INGREDIENTS

100g Opies Pickled Walnuts - sliced  
500g Diced Chuck Steak  
200g Diced Kidney  
150ml Ruby Port  
2 Onions - finely chopped  
1 Garlic Clove - crushed  
400ml Beef Stock  
500g Puff Pastry  
1 Egg - beaten  
and Oil - for frying

#### METHOD

Fry steak and kidney for a few minutes turning now and then to seal. Transfer to a 1 litre/ 2 pint rimmed casserole dish.

Gently fry onions and garlic then stir in the port. Simmer until mixture has reduced by half then, place in the casserole dish with the meat.

Add the pickled walnuts and mix together. Pour over the beef stock, cover and cook in a pre-heated oven at 180°C/350°F/Gas 4 for 2 hours.

Remove from the oven. Allow to cool.

Roll out the pastry 2cm larger than the casserole dish. Brush the rim of the dish with water, cover dish with pastry, press down well and trim. Use the trimmings to make a lattice on top of the pie. Brush with the beaten egg. Make two small slits in the centre to allow steam to escape.

Bake in a pre-heated oven at 220°C/425°F/Gas 7 for 20 - 30 minutes or until the pastry has puffed and is golden brown.

**[www.b-opie.com/recipes](http://www.b-opie.com/recipes)**

Opies pickled walnuts are available at Waitrose, Sainsbury's, Asda, Morrisons, Tesco & quality independents





# heston blumenthal

## precision



"there's a science behind cooking great food, that's why Salter and I have collaborated on a range of precision instruments to help you produce great results time and time again."

*Heston*



a range of precision instruments by **SALTER®**

John Lewis **Waitrose**

also available at other leading cookshops



# The Perfect Christmas Cheeseboard

Make your cheeseboard more exciting this Christmas with cheeses from our range like the creamy Taste the Difference Roquefort, our tangy Wookey Hole Cheddar and our Wensleydale & Cranberry Truckle. The perfect selection for a perfect Christmas.

**Sainsbury's**  
*Try something new today*

Taste the Difference  
Roquefort 300g £5

Taste the Difference Mature Wookey  
Hole Cave Aged Cheddar 400g £5

Wensleydale & Cranberry Truckle 80g £1

Available from 24th November

SAINSBURY'S TASTE THE DIFFERENCE ROQUEFORT 300G £16.67/KG; SAINSBURY'S WENSLEYDALE & CRANBERRY TRUCKLE 80G £12.50/KG; SAINSBURY'S TASTE THE DIFFERENCE MATURE WOKEY HOLE CAVE AGED WEST COUNTRY FARMHOUSE CHEDDAR 400G £12.50/KG. SUBJECT TO AVAILABILITY. LARGER STORES ONLY.

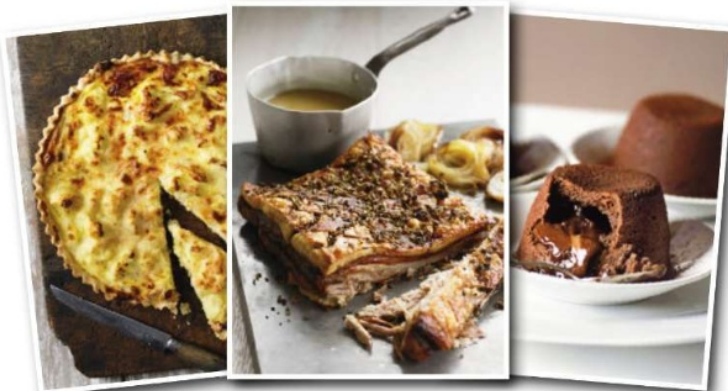


# Bargain hunter

**olive** tracks down this month's best-value food events, meals and deals Words CAROLINE SHAW

All prices  
PER HEAD  
excluding travel

## ★ £5-A-HEAD DINNER FOR SIX *with wine*



- ★ Cauliflower cheese tart (p91) **£3.36**
- ★ Fennel rubbed pork belly (p104) **£13.10**
- ★ Chocolate fondants with toffee centres (p110) **£4.26**
- ★ Two bottles of Frascati Superiore 2009, Italy, 12.5% (Sainsbury's) (p21) **£8.98**

Total **£29.70\***  
(£4.95 per head)

## ★ THE £20 RESTAURANT BRIGHTON

Established 17 years ago, **Terre à Terre** is a Brighton institution, and one of the UK's most acclaimed veggie restaurants. The aim of chef-owners Amanda Powley and Philip Taylor is to push the boundaries of meat-free dining with a menu that fuses local ingredients with flavours and cooking styles from around the world. The Terre à Verre set menu is a great way to sample a cross-section of what the restaurant can do without breaking the bank, with a mixture of different tapas dishes each day. Sample the likes of deep-fried fat green olives stuffed with lemon ricotta, and arepas corn cakes with avocado smash and chilli chelly (pictured). This is all served with garlic focaccia stuffed with lemon herb butter, chunky chips and a carafe of organic wine for a bargainous £17.50 per person. The offer is available every day at lunch and dinner, excluding Friday evening and all day Saturday. (terreatre.co.uk)



## ★ THE £25 DAY TRIP DURHAM

For food and festive cheer in spectacular surroundings, head to Durham's **Christmas Food Fair**. Part of the Victorian Christmas Festival, the food event takes place inside Durham cathedral, with stalls set up in the cloisters surrounding the internal courtyard. Admire the Norman architecture and pick up festive-hamper fillers from the 25 local suppliers taking part, including award-winning Durham Cow Cheese (3-5 December; visitdurham.co.uk).

■ **BREAKFAST** Grab a sweet mid-morning treat from the fair's Bechive Bakery stall, the creation of BBC *MasterChef* finalist Stacie Stewart. Try her snow-flecked brownies or mincemeat tarts with orange pastry, both from £1.

■ **LUNCH** At Oldfields Noted Eating House, local ingredients take pride of place on the menu. The set lunch menu offers two/three courses for £10/£12.95. Start with jellied Neasham Farm brisket of beef in Wylam Brewery ale, followed by mature cheddar, onion and thyme pie and Bramley and ginger fool. (oldfieldsrealfood.co.uk)



## ★ £70 COOKERY SCHOOL BRISTOL

Save cash, earn serious brownie points with family and friends and learn something new by avoiding the shops and making your own gifts this Christmas. If you're not sure where to start, **Bordeaux Quay's Cookery School** in Bristol is offering guidance and inspiration with its Edible Christmas Gifts workshop on 4 December (10am-1pm, £70). The half-day class provides hands-on demonstrations of how to make a range of gourmet gifts, from chocolate truffles and biscotti to chutneys and preserves.

There are also instructions on how to wrap everything professionally so students come away with some great ideas and recipes to try at home and a bag full of ready-made and perfectly wrapped goodies to give away (or keep). Round off the morning in Bordeaux Quay's ground-floor brasserie – one of the first UK restaurants to gain a gold rating under the Soil Association's sustainable catering scheme. Have a festive glass of fizz, such as the Prosecco Brut Quartese, £5, and the grey mullet with potatoes, runner beans and lemon mayonnaise, £12.50. (bordeaux-quay.co.uk)



■ Head to London's Southbank for the **Christmas Real Food Market**. The weekend event offers all sorts of festive delights for visitors to try and buy, from mince pies and mulled wine to cheese, chutney and chocolate (3-5 December; realfoodfestival.co.uk).



# The Perfect Christmas Party Food

From classics with a twist like Sausage & Apple pinches to premium canapés such as Coquille St Jacques scallops, everything in our new Taste the Difference party range is both delicious and bite-sized, for the perfect party nibbles.

**Sainsbury's**  
*Try something new today*



Taste the Difference Fresh Party Food £4 per pack  
Full range instore by 8th December

SUBJECT TO AVAILABILITY. LARGER STORES ONLY. SOME PRODUCTS AVAILABLE FROM 17TH NOVEMBER.



# Drink up

Warming winter cocktails, where to escape the Christmas crowds and festive wines from the high street

Words IAN CAMERON and SARAH JANE EVANS MW

## BARGAIN OF THE MONTH

**Marques de Valido  
Rioja Reserva**

**2006, Spain, 13%**

(£4.99, down from

£9.99 until 2 Jan,  
The Co-operative)

The medium weight and cherry character of this Rioja, plus its touch of spicy oak and citrus freshness, make it great with warming chilli or sausages.



ONLY  
£4.99



## BAR OF THE MONTH THE FEATHERS HOTEL

If you consider yourself a G&T or martini connoisseur, this is the place for you. Following a refurb earlier this year, The Feathers hotel in Woodstock (near Blenheim Palace) is now home to a specialist gin bar stocking some 50 brands from eight countries. Start with the Ultimate Gin & Tonic: Blackwood's Vintage Dry Gin, made in the Shetlands, and served with Q Tonic made from Peruvian quinine and Mexican agave nectar (£16.75). There are eight house martinis and 25 gin cocktails in total (£9.95 to £12), plus ice cubes are made from local spring water. (01993 812 291; feathers.co.uk)

## TRENDS WE LIKE FIRESIDE FANCIES



St James's Hotel and Club

As the cold tightens its grip, a new generation of toddies, blazers and other hot cocktails should warm the cockles. At Edinburgh's Ghillie Dhu you can sit next to the enormous fireplace and sip a malt whisky toddy with honey, Drambuie and cloves (ghillie-dhu.co.uk). At The Pheasant in Keyston, Huntingdon, try a spiced bourbon and cider (thepheasant-keyston.co.uk), or at Mokoko in St Albans (01727

852287), pick from hot calvados, cognac or tequila drinks infused with herbs such as rosemary and eucalyptus. In London, Cielo in Mayfair flames a rum blazer with homemade cinnamon tincture (cielorestaurant.co.uk) and at the St James's Hotel and Club we like the St James Grog, a robust combination of red wine, Goldschlager, port and lemon (stjamesclubandhotel.co.uk).

## SOMMELIER SPEAK FLOWER DAY

Ever thought a wine tastes better on certain days? The theories of biodynamics say that's due to the moon. The idea is catching on in the wine world, where supporters say wines tastes best on Fruit and Flower days, but should be avoided on Leaf and Root days. This year Christmas Eve is a Fruit day, as is Boxing Day. Sadly, December 25 is neither. See *When Wine Tastes Best 2011* (Floris Books; £3.99).



## COCKTAIL HOUR BLACK PEPPER MARTINI

The new **Tom's Kitchen** restaurant and bar at Somerset House is a great place to escape Christmas crowds. We loved this cocktail so much, we asked the bartender for the recipe. Add 50ml **Bombay Sapphire** gin, 15ml **lemon juice**, 15ml **sugar syrup**, 5ml **rose syrup**, 25ml **grapefruit juice** to a cocktail shaker. Shake, then double strain into a martini glass. Finish with a grind of **black pepper**. (toms-kitchen.co.uk)



## HIGH-STREET WINES

TRY A NEW WINE THIS MONTH WITH OUR HANDY, STICK-IN-YOUR-WALLET GUIDE

**Frascati Superiore 2009, Italy, 12.5%, (£4.49, Sainsburys)**

It's easy to overlook Italy's whites, but they can be great for parties, blending in with a riot of flavours. This Frascati has a gentle, aromatic charm with notes of lemon, honey and apple.

**Mont Tauch Fitou Growers Reserve 2008, France, 13.5% (£6.99, Tesco)**

With its savoury, meaty character, this Fitou is made for equally hearty party food. Its bright, currant fruit soothes peppery spices and the light fennel and herb aromas add complexity.

**Cono Sur Sparkling Brut, Bío-Bío, Chile, 12.6% (from £9.99, Oddbins, Tesco.com)**

A blast of bubbly, aromatic freshness makes this Chilean fizz a welcome change from the usual Champagne look-alikes. A dose of riesling gives it an original, floral twist.





## The Perfect Christmas Indulgence

How do you top a Christmas pudding laced with Cognac and sherry and stuffed full of pecans, plump vine fruit and brandy-soaked cherries? By maturing it for six whole months of course. Perfect.

**Sainsbury's**  
*Try something new today*



Taste the Difference Christmas Pudding 454g £4.99  
Serves 4

SAINSBURY'S TASTE THE DIFFERENCE CHRISTMAS PUDDING 454G £11/KG. SUBJECT TO AVAILABILITY, LARGER STORES ONLY.



# What's on

Settle into this month's best food TV

Words TERRY RAMSEY



## ON THE PLATE

I love to make a smoked mackerel pâté and eat it on toast in front of the TV. Take your smoked mackerel, remove the skins then mash up. Add chopped red onions, yoghurt and horseradish until it's a spreadable consistency. If it's not spicy enough, add Tabasco sauce. Pile onto a piece of toast and throw on paprika and some chopped up cherry tomatoes. Wolf down. Eat another. Excellent with beer.



## ON THE SCREEN

'A friend of mine recently gave my Dad a present of the entire *Dad's Army* series. I had forgotten how brilliant it was. I love quirky comedies such as *Green Wing*, *Black Books*, and *30 Rock*. I buy the DVDs, get obsessed and watch them in a complete frenzy. I also like a period drama such as *Cranford*, *Bleak House* and *Pride and Prejudice*.'

**Penny Smith co-presents**  
**Market Kitchen: Big**  
**Adventure with Matt Tebbutt,**  
**weekdays throughout**  
**November, 7pm, Good Food**



## PICK OF THE MONTH HAIRY BIKERS' COOK OFF

Si and Dave are back with a new series running every weeknight for two months. The show features the usual banter, interviews and recipes. But most exciting will be the nightly cook along, where viewers can follow Si and Dave in creating a supper in just seven minutes. Plus, there will be a nightly cook-off between two families, the winners being named Britain's Best Cooking Family. **Weekdays throughout November, 5.15pm, on BBC2**



## BEHIND THE SCENES NIGEL SLATER'S SIMPLE SUPPERS

Executive producer Pete Watson tells **olive**: 'There were some warm summer days when we were filming Nigel's latest series and, sometimes, with the ovens on and lots of people packed in a small space, the kitchen got very hot. This was problematic because when you're doing a take everybody needs to be focused and alert, especially Nigel as he is the one who has to perform.'

'So, we started playing a little game; at the start of each dish, we do the clapperboard – where someone says, "shot one, take one, turkey pie" (or whatever it is). We introduced a game whereby somebody would shout out "Ealing comedy" or "film noir" or "spaghetti western", and the clapperboard had to be done in that style. When you watch Nigel doing a new recipe on the programme, and he starts it with a big smile, it's because someone has just shouted "shot three, take one" in a funny accent.'

**From early November**  
**on BBC1 and**  
**BBC HD**



## BEST OF THE REST

### JAMIE'S 30-MINUTE MEALS

Jamie Oliver continues his series demonstrating that a cooked-from-scratch meal is possible in half an hour. It's a concept that's refreshingly different to the 'here's one I prepared earlier' style. **Weekday evenings until 5 November, 5.30pm, Channel 4**

### BILL GRANGER'S SECRET WEEKENDS

The Aussie chef has moved to the UK. So, in his new series, he sets off on a succession of gastronomic breaks in his adopted country, discovering local ingredients and creating recipes. **Weekday evenings from Monday 29 November, Good Food**

### NIGELLA'S KITCHEN

The Domestic Goddess' latest series offers homely and frugal cooking, as well as her observations and tips on life in the kitchen. Like Jamie's programme, the aim is to get people cooking 'real food' after a working day by providing easy, quick recipes and guidelines. **Thursdays, November, 8pm, BBC2**



### MONSTER MUNCHIES

This bizarre new series is a cross between cooking and *It's a Knock Out*. Each week the programme visits an area of Britain and invites food producers to compete to make a giant version of a local dish. In Devon, it's an enormous cream tea, in Cornwall it's a huge pasty. *Celebrity MasterChef* contestant Matt Dawson oversees the action. **Weekday evenings from Monday 8 November, 10pm, Good Food**





Food writer Alice Hart at Winchelsea Farm Kitchen

COMPILED BY JESSICA GUNN. MINIMUM AND DELIVERY CHARGES APPLY TO MOST MAIL ORDER GOODS FEATURED. PLEASE CHECK WEBSITE FOR DETAILS. PRICES CORRECT AT TIME OF GOING TO PRESS



# My secret Christmas address book

Discover the 50 places where top chefs, critics, food experts and insiders do their Christmas shopping – then follow their lead

Photographs DAVID COTSWORTH

Rick Stein at his Padstow  
Seafood Cookery School



## TRADITIONAL BY RICK STEIN

Britain's favourite seafood chef reveals where he shops for traditional Christmas treats

### 1 CORNISH FRUITCAKE COMPANY

'A great alternative to a traditional Christmas cake, these beautifully squidgy, fruit-packed cakes, £7.50/400g (see previous page), are decorated with a dazzling display of candied fruit and nuts.' (cornishfruitcakecompany.co.uk)

### 2 MATTHEW STEVENS AND SON, CORNWALL

'Matthew is our main fish merchant for The Seafood Restaurant, but you can also buy via mail order. For Christmas I would recommend his natural smoked haddock fillet, £5.95/400g – the best choice for a breakfast kedgeree.' (mstevensandson.co.uk)

### 3 THE CORNISH CHEESE CO.

'Cornish Blue, £12.99/500g (see previous page), is a worthy alternative to Stilton, if, like me, you look forward to a slice of cheese and a glass of port after the turkey or goose.' (cornishcheese.co.uk)

### 4 SOUTH TORFREY, CORNWALL, OR SELDOM SEEN FARM, LEICESTERSHIRE

'In my latest TV programme, *Rick Stein's Cornish Christmas*, (see *What's On*, page 23, for details), South Torfrey's geese are the overwhelming winner in a blind taste test. It's an even choice with the goose from an earlier *Food Hero* favourite, Seldom Seen Farm.' (seldomseenfarm.co.uk, £4.25/1lb, or wellhungmeat.com, £16.99/kg, or southtorfreyfarm.com)

**5 CORNISH ORCHARDS** Another producer in *Rick Stein's Cornish Christmas* – its ciders and perries (see previous page) are some of the best in the West Country, from £2.15/500ml.' (cornishorchards.co.uk)

## MODERN BY ALICE HART

Food writer and stylist Alice Hart (see previous page) shares her tips for where to shop for a modern Christmas feast

### 6 WINCHELSEA FARM KITCHEN, SUSSEX

'The charming but sleek Winchelsea Farm Kitchen in Winchelsea village is the rural version of a posh food hall; you could easily put together a hamper with the minimum of food miles. The cheeses and meats are especially winsome.' (winchelseafarmkitchen.co.uk)

**7 NATOORA.CO.UK** 'Totally and utterly addictive, Natoora is a top-quality, online deli with an Italian slant. The cheeses and fresh pastas are divine.'

**8 MELT, LONDON** 'Three words: sea salted caramels. Not to mention the olive caramels, hot chocolate blocks...the list is endless.' From £18 for 10 chocolates. (meltchocolates.com)

### 9 THE MODERN PANTRY, LONDON

'I love The Modern Pantry restaurant, not just for the menus but for the goodies in the shop. Don't miss the tomato and chilli jam, £4.50/220g. I usually make my own, but it gets used up too quickly to give as presents, so The Modern Pantry's beautifully packaged jam is a great alternative.' (themodernpantry.co.uk)

### 10 BILL'S PRODUCE STORE, BRIGHTON, LEWES AND READING

'I never tire of Bill's; the Brighton store is always buzzing and guaranteed to make you feel festive. Pop in for lunch, then take home local veg, stunning citrus fruits and pomegranates, plus store cupboard stand-bys.' (billsproducestore.co.uk)

**11 GELUPO** 'I'm a sucker for Italian ice cream, so this slick parlour selling beautiful (and highly gift-able) Italian store-cupboard ingredients gets my vote. It's only right to sample a gelato or three while you're there.' (gelupo.com)

## CHEESE BY FIONA BECKETT

The award-winning food and drink writer guides us around her favourite cheese shops

### 17 THE FINE CHEESE COMPANY, BATH

'I've known this shop for years and love the way staff think through the whole experience of eating cheese. Beautifully packaged crackers, fruit purées and pickles are all designed to match specific cheeses.' (finecheese.co.uk)

### 18 PAXTON AND WHITFIELD, LONDON, BATH AND STRATFORD-UPON-AVON

'I remember going to Paxton and Whitfield as a child and marvelling at the great wheels of cheese they always had on display. It's retained its almost Dickensian feel, and as well as the basics, you'll always find some unusual choices, such as the Gouda-style Old Remeker, £44/kg.' (paxtonandwhitfield.co.uk)

**19 PONG** 'This online shop is packed with imaginative gift ideas.' (pongcheese.co.uk)

**20 DIVERTIMENTI, LONDON AND CAMBRIDGE** 'Kitchen supplier

## ITALIAN BY ANTONIO CARLUCCIO

The founder of Carluccio's reveals where he'll be shopping for an Italian Christmas in England

**12 LUIGI'S, LONDON** 'If I ever forget a vital ingredient, I pop down to Luigi's Italian deli near my home. Luigi has a great selection of all the Italian essentials. It's a comfort to know it's nearby in case I need some more wine mid-dinner party!' (luigismailorder.com/delicatessen)

**13 JACK O'SHEA BUTCHERS, LONDON** 'This is my favourite butchers in London; you'll find the best quality produce and excellent service. If I want anything that's not already in store, staff source it for me – such as quail, pheasant and duck, plus other meats traditionally cooked during the festive season. Also available in Selfridges.' (jackoshea.com)

**14 CARLUCCIO'S, NATIONWIDE** 'Carluccio's foodshop-delis cater perfectly for anyone who likes to cook authentic, top-quality Italian food. Our Christmas panettone, £15.50/kg, is renowned, and new Christmas gifts this year include a fabulous risotto starter kit, which comes with mushrooms, risotto rice, olive oil and a recipe card, £19.95 – it's the ideal gift for budding young chefs.' (carluccios.com)

**15 FOODINTHECITY.COM** 'This is a great online store where you can buy fabulous gourmet food gifts. I always get my Italian Christmas gifts and hampers here – it's brilliant to be able to buy your presents from the comfort of your own home.' Hampers from £24.

**16 BOROUGH MARKET, LONDON** 'I always like to make one or two trips to Borough market before Christmas so that I can stock up the larder for the festive season. The stalls have wonderful Italian cheeses, hams and salamis, and as I can try everything before I buy, I know I will have the very best for my Christmas meal.' (boroughmarket.org.uk)

Divertimenti sells a whole host of desirables, including lots of great cheese kit such as stylish slate trays, knives and lovely cheese plates designed by Richard Bramble, each of which depicts a

different style of cheese, £14.95.' (divertimenti.co.uk)

### 21 CHEESE SCHOOL, LONDON AND BRISTOL

'I have to declare an interest in this joint enterprise with Bristol-based cheesemonger and cheesemaker, Trethowan's Dairy – a school designed to give cheese lovers the same chance to learn about cheese that wine lovers get from a wine appreciation class. Buy your cheesaholic partner a gift voucher for a class or all-day session.'

(cheeseschool.co.uk)

**Fiona Beckett's Cheese Course is available now (£7.99; Ryland, Peters and Small Ltd)**







Antonio Carluccio at Luigi's





## CHOCOLATE BY WILLIAM CURLEY

The master patissier gives us his top picks for sweet treats

**22 VALVONA AND CROLLA, EDINBURGH** 'This is one of the oldest Italian delis in Edinburgh – you'll find a really fabulous selection of goods. The Christmas hampers make lovely gifts, but the rose and violet cremes are my favourite, £14.99/240g.' (valvonacrolla.co.uk)

## 23 FINNS OF CHELSEA, LONDON

'I love the chocolate cherry and vanilla trifle – it's perfect for seasonal family gatherings, £5.50 per portion. About 90% of Finns products are made on the premises, which sets it apart from other delis.' (finns-of-chelsea-green.com)

## 24 DAYLESFORD ORGANIC, GLOUCESTERSHIRE AND LONDON

'An award winning family-run farm shop selling locally sourced, organic produce. For a delicious Christmas treat or gift, try the white chocolate and cranberry fudge, £3.95/220g.' (daylesfordorganic.com)

## 25 WILLIAM CURLEY, BELGRAVIA, LONDON

'The shop comes alive with flavours and smells at Christmas. Spices are added to hot chocolate and shortbread and festive chocolate creations line the shelves. The chocolate baubles filled with nuts make for a great alternative to the glass ones on the tree, £10.' (williamcurley.co.uk)

## CLASSIC CHRISTMAS TREATS BY JAMIE OLIVER

The superchef tells us how he celebrates a classic British Christmas

### 26 GOODMAN'S GEESSE, WORCESTERSHIRE

'I cook a turkey and a goose for Christmas. Goodman's Geese is the best place for geese, £16.40/4kg – just remember to order early. (goodmansgeese.co.uk)

### 27 PAUL KELLY TURKEYS, ESSEX

'For turkey, I go to Paul Kelly, £75.78/5kg bird – he knows everything there is to know about turkeys and you can really

taste that in the meat.' (kelly-turkeys.com)

### 28 GRASMERE GINGERBREAD, LAKE DISTRICT

'This is the place to go for special, Christmassy gifts such as the classic gingerbread, £2.50/six pieces, or rum butter, £2.50/170g.' (grasmeregingerbread.co.uk)

**29 JME** 'Jme is perfect for knick-knacks such as crackers, decorations and candles.' (jamieoliver.com/jme)



## WINE BY VICTORIA MOORE

Our resident wine writer reveals where she'll be buying her Christmas tipples

### 30 HANGING DITCH WINE MERCHANTS, MANCHESTER

'The Hanging Ditch is not just a shop: sit down and sip at a glass from its rotating selection while you mull over which bottles you want to take home. Or, share a bottle (choose anything from the floor to ceiling shelves for just £6 corkage), or have coffee and cupcakes. Try Sequillo White, a vibrant blend from South Africa, £13.40, or Allegrini's Amarone – a Christmassy red that's good with cheese, £34.47.' (hangingditch.com)

### 31 LEA AND SANDEMAN, LONDON

'A brilliant place for smart bottles of fizz (as well as still wines from France and Italy). You'll find the cream of the better known Grand Marques, as well as an intriguing choice of grower champagnes, sparkling wine from elsewhere in France and fresh, zesty prosecco. I particularly love the very dry, invigorating Larmandier-Bernier Terre de Vertus Extra Brut Premier Cru NV, £36.95, but it's hard to go wrong here.' (leaandsandeman.co.uk)

**32 WINEWARE.CO.UK** 'A good glass can make a wine taste much more expensive, which might help explain why I have spent a small fortune over the years on things I smash in the sink. Wineware has a fabulous selection of glasses from all the big names, including Dartington Crystal, whose Chef's Tasters I drink from at home. They also sell the perfect corkscrew: the neat and highly efficient Waiter's Friend Double Lever, £14.95.'

### 33 YAPP BROTHERS, WILTSHIRE

'Buy a ticket to one of Yapp Brothers' frequent wine-themed events, from its grand spring lunch at Le Gavroche, £110 per head, to tastings and dinners at TerraVina in the New Forest, Hartwell House near Aylesbury and Le Café Anglais in London. Or just have a good rootle through the cornucopia of wine paraphernalia, including books and bottles (Yapp are Rhone and southern French specialists) in the shop.' (yapp.co.uk)



**34 THE WINE SOCIETY, STEVENAGE** 'With expert buyers whose mandate is simply to find good wines, not those that will make a fat profit, The Wine Society offers a magnificent service: excellent bottles for, thanks to its co-operative status, very fair prices. For £40 anyone can buy anyone else (well, as long as they are of legal drinking age) a share in the society, meaning they have lifelong membership – surely the perfect gift for the oenophile in your life. And of course members can also order wines, which arrive beautifully boxed up, from the enormous and constantly surprising (in a good way) list.' (thewinesociety.com; 01438 741177) 🍷



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## BEST VALUE BY SHEILA DILLON

**47** The presenter of BBC Radio 4's *Food Programme* reveals her shopping secrets for best value, quality Christmas ingredients

**35 MRS KIRKHAM'S LANCASHIRE CHEESE** 'Perfect for nibbling over Christmas, this is one of the few great territorial cheeses that matures well in small truckles, £22.25/kg. It would make a much-appreciated Christmas present – particularly when matured by Neal's Yard.' (nealsyarddairy.co.uk, or for stockists, mrskirkhams.com)

**36 PHIL TRUIN TURKEY FROM GODFREY BUTCHERS, LONDON** 'Chris Godfrey buys most of his bronze,

free-range turkeys direct from Kelly's, £75.78/5kg bird, (the UK's main breeder) but he also sources a couple of hundred every year from Bury-St-Edmunds farmer, Phil Truin. I ordered one by accident and it was the best I've tasted, so I've been buying them ever since.' (fgodfrey.co.uk or hollowtrees.co.uk)

**37 ROSEBUD PRESERVES MINCEMEAT** 'This is the best mincemeat, £3.40/340g, you can buy off the shelf – made by Elspeth Biltoft without suet or its nasty vegetarian substitute (she uses almonds instead). My mum discovered it and used to buy it by the case.' (rosebudpreserves.co.uk)

**38 CHARLTON ORCHARDS, SOMERSET** 'Treat yourself or a friend to

an apple crate, £24.50/6.75kg – you'll scent the house and thrill the tastebuds. All varieties go extremely well with Mrs Kirkham's. The orchard was short-listed a few years ago for the BBC Radio 4 Food and Farming Awards.' (available from the farm, local farmers' markets and via mail order; charltonorchards.com, mixed gift boxes, £18.95. Also available from Darts Farm, Devon, dartsfarm.co.uk)

**39 DUNKELD SMOKED SALMON, PERTHSHIRE** 'The house smoked salmon, £9.50/200g, wild £18/200g comes from Loch Duart, the best producer in Scotland, which produces to Freedom Food standards. There's also wild smoked salmon if you can afford it – it's about the best you can get.' (dunkeldsmokedsalmon.com)

**40 FLETCHERS OF AUCHTERMUCHTY SMOKED VENISON, FIFE** 'The smoked venison is as seriously good as it claims, £6.14/100g, and makes a lovely alternative to smoked salmon.' (seriouslygoodvenison.co.uk)

## LUXURY FOODS BY GILES COREN

The writer, TV presenter and food critic reveals how he splashes out at Christmas

**46 THE GINGER PIG, LONDON** 'The Ginger Pig sells the best meat available to normal punters, mostly from its own farm. The butchers are skilled in both the French and English style, and are genuinely old-fashioned helpful. At Christmas, I get whole ribs of English rose veal (foreribs, £14.50/kg) for roasting; you can't really get it anywhere else, it's even more exciting than a rib of beef and it makes a change from turkey. Don't forget to pick up a hot pork pie, £5.50, to scoff on the way home.' (thegingerpig.co.uk)

**47 LA FROMAGERIE, LONDON** 'Under the auspices of the great Patricia Michelon, these two shops are for me, the only place to buy cheese. Forget stilton with port in the middle – this Christmas get a truffled brie instead, £51.35/kg.' (lafromagerie.co.uk)

**48 LADUREE MACAROONS, LONDON** 'I'm not that crazy about sweet things, but these multi-coloured macaroons, £1.50 each, are fantastic to have around at Christmas if there are ladies present – which there really ought to be (it's only



Sheila Dillon at Neal's Yard Dairy



## ETHICAL FOODS BY JOANNA BLYTHMAN

The award-winning investigative food journalist reveals her top ethical buys



### 41 THE OIL MERCHANT 'I really rate

Charles Carey's organic extra-virgin olive oils. I buy his five-litre cans of Spanish Nunez de Prado, £59.95, for daily use. The Italian Colonna oil pressed with organic lemons, £10.40/250ml, makes a perfect Christmas present.' (oilmerchant.co.uk; Harvey Nichols, nationwide)

42 GARTMORN FARM, CLACKMANNANSHIRE 'This farm raises poultry in a humane, free-range way. Its Barbary ducks are hard to beat, £7.25/kg, while the confit duck legs, made by a French chef in Edinburgh, are fresher and meatier than imported competitors, £4/per leg.' (gartmornfarm.co.uk)

43 EQUALEXCHANGE.CO.UK 'This company pioneered ethical, fairtrade food. I love its leaf Darjeeling tea from the Himalayas, £2.49/125g. The Palestinian extra-virgin olive oil is also lovely, £10.49/500ml.'

44 LOCH ARTHUR CREAMERY, DUMFRIES 'This is part of an inspiring Camphill Community that works with adults with learning difficulties. Its cheddar, from £11.60/kg, is everything that mass-produced cheddars are not. The washed-rind Criffel, £13/kg, is delicious.' (locharthur.org.uk)

45 KAMPOTPEPPER.CO.UK 'I fell in love with this pepper when I tasted it in Cambodia in a dipping sauce. It imports direct from ethically sound growers. The red is especially rare and pungent, £5/40g.'

once a year). You can get macaroons at other places, but only Ladurée can make the ladies swoon, all colourful and wrapped up in their pale blue box. Largely, because they remind them of shoes. They won't eat them in front of anyone but come down in the morning and they'll have magically disappeared. The ladies will blame Father Christmas.' (laduree.fr)

49 SUPER BAHAR, LONDON 'This is an unlikely-looking Iranian grocer down the dirty end of Kensington High Street which, bizarrely enough, sells great quality Osetra caviar, £160/100g, for a non-mental price. I don't eat caviar anymore myself – for tedious ethical reasons – but if you like a splash of it at Christmas, this is the place to go without having to sell your car first. They also deliver.' (349A Kensington High Street, London W8; 020 7603 5083)

50 PANZER'S, LONDON 'My family has been buying its smoked salmon here for 50 years. This is the only place I can get wild Scottish salmon that has been smoked in the 'Jewish' style: nice and oily and sliced very thin. As my grandfather always said: "If it wasn't caught by a Scotsman and smoked by a Jew, it isn't worth eating". For me, smoked salmon is the ultimate Jewish delicacy, and yet Christmas wouldn't be Christmas without it. And at £100/kg, this is strictly once-a-year stuff. (panzers.co.uk)

**Anger Management for Beginners** by Giles Coren is out now in paperback

(£7.99; Hodder.co.uk)

**Don't miss Giles in *The Supersizers* on BBC Two**



# Celebrate Christmas Dale with Real Yorkshire Wensleydale & Cranberries



## For delectable parties from Christmas Dale to New Years Dale



It's lovely to treat yourself and there is no more indulgent time than Christmas, and no more indulgent cheese than **Real Yorkshire Wensleydale & Cranberries**. This quintessential Christmas cheese comes into its own as the fairy lights twinkle and the snow falls...completing the perfect Christmas scene. Always a staple in any Yorkshire kitchen, **Real Yorkshire Wensleydale & Cranberries** deserves to be on the table of your home this Christmas.

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**olive**  
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# CHRISTMAS CHEATS

Every good cook has a few shortcuts up their sleeve. These smart buys from the **olive** team leave you free to enjoy a stress-free Christmas

Compiled by DANIELLE THEUNISSEN

Photographs GARETH MORGANS and ADRIAN TAYLOR



**Dri Dri Gelato's Chocolate** ice cream is a delicious treat that I can pass off as my own if I don't have time to make it myself. Serve with **East India Company Sea Salt and Caramel Biscuits** (from £10.60, [dridrigelato.com](http://dridrigelato.com); £5.25, [eastindiacompanyfinefood.com](http://eastindiacompanyfinefood.com)).



**CHRISTINE HAYES, editor**

**Bigham's Hazelnut and Mushroom Roast** looks homemade, in the nicest possible way, so veggie guests won't feel like their meal is an afterthought. (£6.49, Waitrose)



**Daylesford Organic's Christmas lunch for 8-10** for £150 delivers in taste and value. You get a 6kg turkey, 1.5kg ham, chipolatas, stuffing, vegetables, cranberry sauce, cheeses, honey and oat biscuits, all for about £15 per head. ([daylesfordorganic.com](http://daylesfordorganic.com))



**Waitrose's canapés** can easily be snuck in among your own homemade efforts. The **Ham Hock Scones, Welsh Rarebits, Game Pies** and **Cheese and Basil Palmiers** look good. (from £3.99/pack of 12)

**Sainsbury's Gammon with Crackling** is brilliant for Boxing Day, and totally hassle-free. (£20/2.2kg)







### LULU GRIMES, food director

This **Nutty Chocolate Kugelhof** will keep those who aren't satisfied by Christmas puds and pyrotechnics quite happy. (£12.99, Waitrose)



**M&S Collection Christmas Pudding with Orange** will impress family and friends, and you can easily pass it off as yours. It's packed with vine fruits and Grand Marnier-soaked cherries, and tastes as good as it looks. (£12.99/907g)

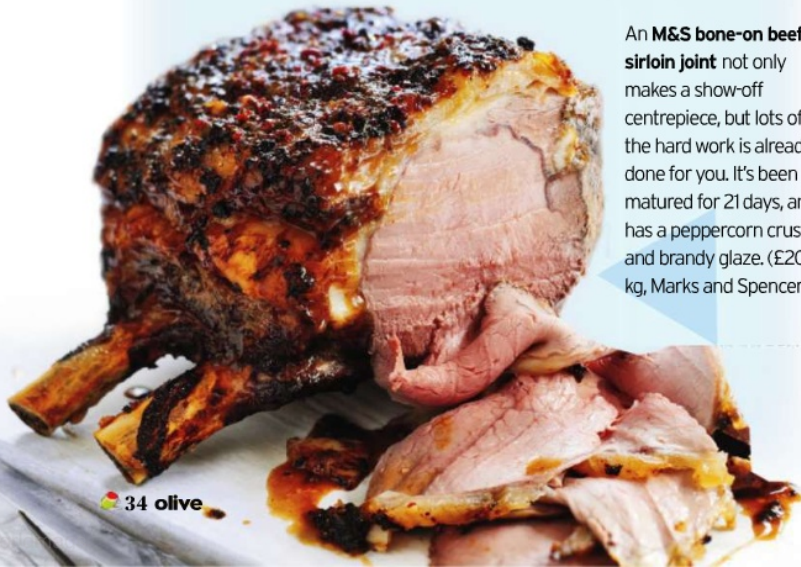
This **Wild Hibiscus Flowers and Champagne gift set** will help you to mix beautiful cocktails in seconds. The petals unfurl in the bubbles and turn the fizz a delicate shade of pink. (£30, waitrosewine.com)



The **Hebridean Smokehouse Pâté box** comes complete with two types of peat-smoked salmon pâtés and oatcakes, great to have on standby for any last minute drinks or festive gatherings. (£26.50, hebrideansmokehouse.com)



An **M&S bone-on beef sirloin joint** not only makes a show-off centrepiece, but lots of the hard work is already done for you. It's been matured for 21 days, and has a peppercorn crust and brandy glaze. (£20/kg, Marks and Spencer)



### JESSICA GUNN, features editor

**La Paimpolaise** is a family-run business based in Brittany. Its latest creation is this range of fish rillettes – four years in development. Hide the jars and no-one will know you didn't make it – just spread on hot toast then garnish with dill and a wedge of lemon. (£3-£6, harveynichols.com)



The **Fortnum and Mason Stir Up Sunday Kit** from arrives with a recipe card and all the ingredients you need (helpfully measured out) for a classic F&M King George pud. No one needs to know that you didn't get round to making your Christmas pudding three months ago. (£20, fortnumandmason.com)

Head directly to **Paxton and Whitfield**, do not pass go. Take one pack of **Charcoal Crackers** (£2.75), top with zingy **Windrush Valley goat's cheese** (£4.95/135g) and finish with a dollop of **Horseradish and Beetroot Relish** (£4.25/198g). (paxtonandwhitfield.co.uk).



These **Riverford Organic Mince Pies** are just the right side of rustic – made with a buttery pastry, jam-packed with juicy mincemeat and just wonky enough to look homemade. Heat, dust with icing sugar and commence discussion on the joys of baking. (£3.95 for six, riverford.co.uk)

We love **Little Devil's Bloody Spice mix**, because let's face it, faffing around and hangovers don't go. Each sachet contains natural ingredients such as cayenne peppers, wasabi and lime. (£6.95, harveynichols.com)





# need to know smart buys



**JANINE RATCLIFFE,**  
food editor

**M&S Salted Caramel**

**Sauce** is great for when you need a super speedy pudding – just warm up a jar, decant into a pretty jug and serve with vanilla ice cream. (£2.99)



**Inish Turk Beg Marinated Organic Irish Salmon Gravadlax** is hard to beat as an elegant starter. It's subtly cured with dill, salt and Irish whisky. Serve with rye bread and lemon wedges. (£8.46, inishturkbeg.com)



**Co-op's Truly Irresistible Brandy Butter ice-cream** means there's no need to choose between brandy butter and ice cream. (£2.98/500ml).

**The Bay Tree's** tangy, crunchy **Piccalilli** is a brilliant store-cupboard buy and a perfect partner for the ham hock terrine, page 42. (£3.20/300g, thebaytree.co.uk)



**M&S Epoisses cheese** makes an instant sharing starter. Just wrap the bottom with foil, bake for 5 minutes then serve in the box with breadsticks and cornichons. (£7.49/250g)



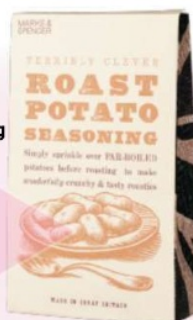
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**DANIELLE THEUNISSEN,**  
editorial assistant

**M&S's Roast Potato Seasoning**

contains semolina and a delicious spice blend – the roasties aren't the most taxing part of the Christmas menu, but this clever addition guarantees crunchy spuds every time. (99p)



**Tracklements Cranberry and Orange Sauce with Port** is great to have on standby in case you don't have time to make your own. It also has the added benefit of being a little bit boozy. (£6.25, tracklements.co.uk).

**Opies Black Cherries and Kirsch** make the basis of a fab cheat's pud. Just layer the cherries and juice with chunks of chocolate brownie then top with cream for a Black Forest trifle. (£3.99/390g, Waitrose)



**Luigi's Deli's Panettone** has a hazelnut and almond glaze and is decadently buttery on the inside. Use instead of bread in French toast or bread and butter pudding. (£13.95, luigismailorder.com)

A few **mini Magnums** with **Baileys** or **limoncello** are the perfect freezer standby. (£2.99 for six, widely available)





# olive investigates LOCAL FOOD

What exactly is local food, and how easy is it to become a true locavore? **olive** columnist Joanna Blythman finds out

Throughout most of our history, local food sustained us, but the supermarket revolution reversed all that. Now, far from relying on the food on our doorsteps, the typical shopping trolley is top-heavy with food sourced not only from distant parts of the UK and Europe, but also from around the globe. Almost as a reaction to this state of affairs, Britain has recently sprouted a lively and vociferous local food movement; it's as if the more we buy products from faceless people in faraway places, the more we crave foods from producers and places we know.

This emotional desire for more local food has been reinforced by hard-headed environmental concerns. It is clear that we must begin to re-localise our food supply if we are to cut down on the polluting food miles that contribute significantly to global warming; as a general rule, the shorter the distance a food travels, the lighter its carbon footprint. Supporting local food production also means we can help boost Britain's self-sufficiency as a buffer against looming global food shortages.

While most people like the idea of local food, that doesn't mean it isn't sometimes a struggle. If you live in the country with cows in the next field and an orchard at the top of the road, then it sounds like a realistic proposition. If you're surrounded by concrete and tarmac, then the concept can sound like little more than a lovely, but highly impractical dream.

## \* DEFINING LOCAL FOOD

Local food and being a locavore means different things to different people. The common definition is that local means

food produced within a 30-mile radius of where it was sold. But as the local food movement grows, this narrow, geographic measure is beginning to look inadequate. Is 30 miles really that different from 40 or 50? In which case, is local only about distance, or do we need to widen the definition to include a broader set of food values? For instance, you might buy a baguette from a local supermarket in-store bakery, but if it has only been given a final bake in the store, and the frozen, pre-formed dough made from Canadian flour was supplied from a bread-making plant hundreds of miles away, then it's hardly local.

Then there's the question of quality. Your butcher may sell local chickens, but they could well come from an intensive broiler system where the birds' only connection with the local environment is the walls of an overcrowded barn. Such

a chicken is undeniably local, but would you rather buy it over a free-range or organic chicken that comes from further afield? Just being local doesn't make it a 'good' food.

It's also worth considering that the local concept can disadvantage worthwhile producers in underpopulated areas. Think of the farmer who rears free-ranging, rare-breed sheep up the side of a windy Welsh mountain. There aren't enough people in a 30-mile radius to keep him in business, so he probably relies on selling his lamb into the nearest big city. If people some distance away don't buy his meat, then he may go out of business, and the already worryingly low numbers of rare-breed sheep may dwindle as a result. Is this what we meant when we talked about supporting local food?

Rather than imposing a rigid and arbitrary definition of local food,



**Joanna Blythman**

is an award-winning food writer and journalist, writing for newspapers, magazines and commenting on radio and TV. Her most recent book, *Bad Food Britain: How a Nation Ruined Its Appetite* (Fourth Estate, £7.99; **olive** offer £7.20, with free UK p&p. For **olive** book offers, call 01872 562313)

## EATING LOCALLY MADE EASY

### 1 CHECK OUT INDEPENDENT OUTLETS

Farmers' markets provide an appetite-whetting showcase for local food producers. Stalls usually have to be manned by one of the people who runs the business, so you can ask them questions about their production methods face-to-face. Farm shops and Pick-Your-Own outlets are happy hunting grounds and local wholefood stores may sell food from local producers who don't have their own retail outlet. For more information on a market near you, see [farma.org.uk](http://farma.org.uk).

### 2 SIGN UP FOR A VEG BOX

This is a good way to tap into the supply of local, usually organic, vegetables. Fresh veg, salads and herbs tend to be the hardest thing to source locally, so if you can crack this problem, then you are well on your way. Some schemes mix home-grown

produce with imported, but there is usually the option of choosing individual items.

### 3 GROW SOMETHING

You don't have to have a garden or allotment - a window ledge or a sunny balcony is a start. It's amazing how long you can keep plants such as herbs, cut-and-come-again salads and tomatoes going - even if you aren't green-fingered.

### 4 DON'T RELY ON SUPERMARKETS

Most supermarkets now try to stock local, or at least regional lines, but they tend to be non-perishable products such as jams, chutneys and local brands of biscuits and cakes. Few supermarkets offer much in the way of locally-sourced fresh food. The one exception is the northwest of England chain, Booths, which takes local food very seriously. ([booths-supermarkets.co.uk](http://booths-supermarkets.co.uk))





perhaps it's best to think of it as an aspiration. If the product tastes good, and seems to be humanely and ethically produced, then we would choose the local one over a product from further afield.

### \* DISCOVERING WHAT'S ON YOUR DOORSTEP

One of the great things about the growing profile of local food is that it has introduced more people to the potential of their area – with many left favourably surprised. If you shop predominantly in supermarkets, it's easy to get the idea that Britain doesn't produce much in the way of say, vegetables, because so little of what's on the shelves appears to be grown here. But if you shop at a local farmers', you might be astonished by the diversity of what's on offer. The local food movement is reminding people of just how good at producing food Britain is. It has also made small-scale producers more visible, who previously struggled to get the attention of consumers because their businesses were too small to supply the supermarkets' centralised buying system.

### \* A LIVING EXPERIMENT

In Scotland, a fascinating experiment into the potential of centering our diets on local food is underway. Known as the Fife Diet, it started in 2007 when 14 volunteers agreed to live on mainly local food for one year. Today, 1,000 people in the area are feeding themselves this way – their experience is putting flesh on the bones of the local food idea, and providing a model for other areas in Britain.

Quite quickly, a consensus emerged out of the Fife experiment that eating a ratio of about 80% local to 20% non-local food was about right. This took into account things such as bananas, citrus fruit, olive oil, spices and chocolate, that people found it unthinkable to do without. This 80:20 ratio established, the Fife Diet has gone from strength to strength. Far from being seen as an exercise in self-denial, it has catalysed a wave of food enterprise, and renewed interest and pride in local ingredients. Local independent farmers, growers and related food businesses say that they have had a considerable economic boost as a result. Fife wasn't

an area previously renowned for its local produce; now it's buzzing with it. New foods and producers seem to be popping up all the time, people are taking over disused spaces to grow vegetables and the council is looking at sourcing more food for schools in the region. Some parts of Fife are reasonably affluent, others are just the opposite. So if eating local can work here, then it can work in most places in the UK.

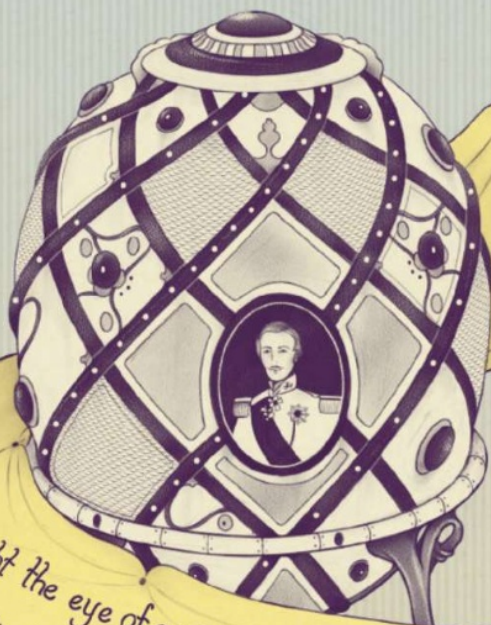
### \* NEARER TO HOME

Becoming a locavore and eating mainly local food may be too big a change for most people, but the idea of eating more food that is produced closer to home has broad appeal. The bonus is that your food is likely to be fresher, more seasonal and, quite often, the overall spend is less. Surprisingly, it may even be more varied than the globalised diet to which many of us have become accustomed. Only a few years ago, many of us did not know if our food was UK-produced, let alone locally-produced; now at least we know that it's a question worth asking.



So I swapped my last crumb of sweet, tangy Tickler...

...for a speedy stallion which I raced and finished first in a local steeplechase.



I caught the eye of a rich duke who swiftly married me but sadly died, leaving his ashes in a priceless antique urn, which I pawned for a whole new pack of Tickler.

Cheddar so precious you won't want to waste a crumb.





# Every recipe you need for Christmas 2010 Starters

Find ideas for **smoked salmon starters** page 76

Be inspired by **Gordon Ramsay's canapés** page 71

Try the easy-to-assemble charcuterie plate to serve with celebratory **prosecco** page 79

## Mains

Go traditional, Italian or Middle Eastern with our **three turkey menus** page 40

In the **anything but turkey** camp? How about **rib of beef** page 61

Or John Torode's extra-special **vegetarian pithivier** page 80

## Puddings

Choose from **six impressive desserts** such as mincemeat, pear and frangipane tart or caramel choux puffs page 54

*plus*

**10 freeze-ahead puddings and main courses**

to have up your sleeve for the party season page 82





# One turkey, three menus

Serve a traditional roast bird this Christmas or give it an Italian or Middle Eastern twist with these three spectacular menus


Recipes JANINE RATCLIFFE and LULU GRIMES Photographs GARETH MORGANS


## Classic

### CLASSIC CHRISTMAS MENU

- \* Ham hock terrine with piccalilli
- \* Classic turkey with gravy and roast shallots
- \* Cranberry and chestnut stuffing
- \* Crunchy roast potatoes
- \* Buttered bay and thyme carrots

### WHAT TO DRINK

 Chablis may be the trad choice for the Turkey, but branch out with a ripe sauvignon/chardonnay/viognier. Zevenwacht **Tin Mine White 2008**, Stellenbosch, South Africa 13.5%, (£10.99, Oddbins) – creamy, mineral, with a hint of oak.

 Christmas is the ideal time to linger over a 10-year-old Rioja. **Finest Viña Mara Rioja Gran Reserva 2000**, 13.5%, (£9.99, Tesco; limited edition, stocks may vary) is full of juicy, lively fruit, overlaid with a fine seasoning of oak.

### ARE YOU IN THE ANYTHING-BUT-TURKEY CAMP?

Turn to page 61 for Matt Tebbutt's rib of beef menu, page 120 for a Swiss-style roast poussin and page 80 for John Torode's veggie pithiviers.

### Classic turkey with gravy and roast shallots

5 hours (based on 6kg bird)

■ Serves 8 ■ EASY

*Your turkey will need a different cooking time per weight depending on how big it is. See page 52 for a time-per-weight chart. Calculate the weight the night before and don't forget to allow one hour of resting time.*

*This gravy is a basic recipe that you can build on. White wine will give a paler gravy and lighter flavour than the red. If you want a richer gravy, add port to the red wine and stir in some redcurrant or cranberry jelly. A creamier, mustardy gravy can be made by stirring in some Dijon and a dollop of crème fraîche.*

**butter** 125g

**lemon** 1, zested and halved

**turkey** 1 oven-ready, about 6kg

**onions** 2 large, peeled, 1 halved and 1 thickly sliced

**bay leaves** 2

**white wine** 2 glasses

**shallots** small bag, peeled

**GRAVY**

**flour** 1 tbsp

**white wine** or **red wine** 200ml

**chicken stock** 600ml

■ Heat the oven to 180C/fan 160C/gas 4. Mix the butter with the lemon zest and season well. Gently push your fingers under the turkey's skin, starting from the neck end of the bird, easing the skin away from the flesh over both the breast and tops of the drumsticks – you'll have to slide your whole hand in to reach this far. Spread the butter under the skin, pushing it as far in as you can, then smooth the skin back into place. Put the onion halves and bay leaves into the

cavity. Tie the legs together for a neater look.

■ Arrange the sliced onion in the bottom of a large roasting tin to act as a trivet for the bird, then pour in the wine. Sit the turkey on top. Season the skin on the breast well, push the lemon halves left over from the lemon butter inside the cavity and add the shallots to the roasting tin around the bird.

■ Cover both the bird and tin completely with foil to make a tent. Cook the turkey for 40 mins per kilo, basting once or twice. Take out the turkey and turn up the oven to 220C/fan 200/gas 7. Remove the foil and return to the oven for a further 30 minutes or until the skin is golden. To test if it is cooked, pierce the fattest part of the thigh with a skewer – the juices that run out should be clear and not pink; keep cooking if the juices are pink and check again after each 10 minutes. If you like your turkey meat almost falling off the bones, test by wiggling the leg – it should give slightly if the meat is ready to come away from the bones.

■ Rest the turkey, covered loosely with foil, for at least 30 minutes and up to an hour before carving (this will give you a chance to cook the potatoes). Strain the cooking juices and keep the onions to use in the gravy.

■ To make the gravy, pour away any excess fat from the roasting tin but keep the onion slices – a fat separator will help with this, see page 141. Set the tin over a medium heat, then sprinkle over the flour. Stir through and cook for 2 minutes, turning the onion over in the mixture to extract the flavour. Slowly stir in the wine, stock and juices. Bring to a boil, scraping bits from the bottom, then simmer over a low heat for 15 minutes. Season and sieve into a jug. Serve with the turkey.

■ PER SERVING 748 kcal, protein 101.7g, carbs 9.8g, fat 31.7g, sat fat 12.9g, fibre 1.5g, salt 1.5g





Classic turkey with gravy and roast shallots; buttered bay and thyme carrots; crunchy roast potatoes





## Ham hock terrine with piccalilli

4 hours + overnight setting ■ Serves 6

### ■ A LITTLE EFFORT

*Make this up to 23 days ahead and keep chilled.*

*Ask the butcher if the hocks need overnight soaking. Use a good bought piccalilli such as Bay Tree (see **olive** cheats on page 33 for details).*

**ham hocks** 1 large or 2 smaller, about 2kg in total, soaked overnight if needed

**carrots** 2, peeled and halved

**celery sticks** 3, peeled and halved

**onions** 2 small, peeled and halved

**black peppercorns** 8

**coriander seeds** 8

**white wine vinegar** 1 tsp

**gelatine** 2 leaves

**flat-leaf parsley** a small bunch, chopped

**small capers** 2 tbsp, rinsed and drained

**gherkins** chopped to make 2 tbsp

**piccalilli** and **crusty bread** to serve

■ Put the ham hocks in a large pot and cover with cold water. Bring to a simmer, then cook for 10 minutes, skimming off the impurities. Add the veg and spices, then simmer gently for 3 hours, skimming as necessary. Don't let the liquid boil as it will make the stock murky.

■ Take the hocks out of the pan, then strain the liquid into a bowl (line the sieve with a clean J-cloth or muslin to get a clearer liquid).

■ Put 800ml of the strained stock in a clean pan and boil until reduced by half. Season well, then add the white wine vinegar. Soak the gelatine sheets in cold water until soft, then add to the ham hock liquid and stir to dissolve. Cool so the gelatine starts to set a little.

■ Strip the meat from the ham hocks and put in a bowl. Mix in the capers, gherkins and parsley. When the liquid looks like it's starting to thicken, pour over the meat and stir.

■ Line an approx 900g terrine or loaf tin with a double layer of clingfilm, leaving some overhanging – tip in the meat mixture. Pack down and cover loosely with excess clingfilm. Cut a strip of card the same size as the top of the tin, cover with foil, then press on top and weigh down with some tins. Chill overnight. Serve sliced with piccalilli and crusty bread.

■ **PER SERVING** 337 kcal, protein 57.9g, carbs 1.3g, fat 11.2g, sat fat 3.6g, fibre 0.4g, salt 703g





### Buttered bay and thyme carrots

30 minutes ■ Serves 6 ■ EASY

*These can be made ahead, then reheated gently to serve.*

**large Chantenay carrots** 750g, halved  
**butter** 50g  
**bay leaves** 2  
**thyme** 2 sprigs  
**coriander seeds** 5  
**golden caster or demerara sugar** 3 tsp  
**light vegetable stock**

■ Put the carrots in large, wide, shallow pan with a lid with the butter, bay, thyme, coriander seeds and sugar. Add enough vegetable stock to come halfway up the carrots. Bring to a simmer, put on a lid and cook until the carrots are almost tender, about 10-12 minutes. Take off the lid, then simmer hard, turning the veg until the liquid has evaporated and the carrots are glazed.

■ **PER SERVING** 117 kcal, protein 0.9g, carbs 12.4g, fat 7.4g, sat fat 4.4g, fibre 3g, salt 0.65g

### Crunchy roast potatoes

1 hour 20 minutes ■ Serves 6 ■ EASY

*Prep the potatoes ahead, then roast when the turkey is resting.*

**Maris Piper or King Edward** potatoes 2kg, peeled and cut to similar size  
**groundnut or rapeseed oil** 4 tbsp  
**plain flour** 2 tbsp  
**English mustard powder** 3 tsp  
**sea salt flakes** to serve

■ Heat the oven to 220C/fan 200C/gas 7. Put the oil in a solid, shallow roasting tin and put in the oven to heat up. Cook the potatoes in a large pan of boiling water for 5 minutes. Drain well, then shake around in the colander to rough up the edges a bit. Mix the flour and mustard powder, sprinkle over the potatoes and toss to coat. Tip the potatoes carefully into the hot oil and turn them over so each one is coated.

■ Put back in the oven for 50 minutes to 1 hour or until crisp, golden and cooked through (turn them over halfway through). Sprinkle with salt flakes before serving.

■ **PER SERVING** 335 kcal, protein 7.6g, carbs 60.7g, fat 8.6g, sat fat 1.4g, fibre 4.4g, salt 0.05g



### Cranberry and chestnut stuffing

1 hour ■ Serves 6 ■ EASY

*Pop these in the oven during the roast potatoes' last 30 minutes of cooking.*

**onion** 1, finely chopped  
**olive oil**  
**Craisins or dried cranberries** 50g  
**port** a splash  
**vac-packed chestnuts** 100g, chopped  
**pork sausages** 1 pack of 6, skinned  
**fresh breadcrumbs** 100g  
**egg yolk** 1  
**streaky bacon** 6 rashers, halved

■ Cook the onion in 1 tbsp oil until softened. Add the cranberries and a big splash of port and simmer until all the port is absorbed. Cool.

■ Put the chestnuts, pork, breadcrumbs, egg yolk and cooled onion mix in a bowl. Season really well, then mix and form into 12 balls. Wrap each one in a piece of streaky bacon. To cook, brush with olive oil and bake for 30 minutes at 220C/fan 200C/gas 7.

■ **PER SERVING** 339 kcal, protein 15.3g, carbs 30.5g, fat 17.9g, sat fat 5.8g, fibre 1.5g, salt 1.75g




# Italian




## ITALIAN CHRISTMAS MENU

- \* Parma ham with figs and dolcelatte
- \* Italian roast turkey
- \* Ciabatta and rosemary stuffing
- \* Parmesan crusted parsnips
- \* Baked red onions in balsamic

## WHAT TO DRINK

 This is the modern face of Soave, made by an NZ winemaker: it has ripe fruit, grassy with herbal highlights and full of character:

**Monteforte Passo Avanti 2008**, Veneto, 13%, (£7.99, Waitrose).

 Truffly and smoky Barolo is a classic, and the Gold-medal winning **Taste the Difference Barolo 2006**,

**Piedmonte**, 14%, (£14.99, Sainsbury's) is very well-priced.

## Parma ham with figs and dolcelatte

15 minutes ■ Serves 6 ■ **EASY**

*If you have guests that don't like blue cheese, mozzarella will work just as well in this.*

**figs** 6-8

**Parma ham** 12 slices

**dolcelatte** 100g

**rocket** 2 handfuls

**sherry vinegar** 1 tbsp

**olive oil** 3 tbsp

**clear honey** 2 tsp

■ Thinly slice the figs from top to root, then lay on 6 serving plates. Drape the Parma ham over the top. Add some crumbled cheese to each plate, then a few leaves of rocket. Whisk the dressing ingredients, together then drizzle over each plate just before serving.

■ **PER SERVING** 210 kcal, protein 11.7g, carbs 7.3g, fat 15.1g, sat fat 5.3g, fibre 1.1g, salt 1.69g

## Italian roast turkey

4 1/2 hours (based on a 6kg bird)

■ Serves 8 ■ **EASY**

*A turkey will need a different cooking time per weight depending on how big it is. See page 52 for a time-per-weight chart. Calculate the weight the night before and don't forget to allow one hour of resting time. If you want to serve gravy with this, follow the recipe on the classic turkey menu (p40) and add a little chopped rosemary with the flour.*

**turkey** 1 oven-ready, about 6kg

**butter** 125g

**lemon** 1, zested and halved

**onions** 2 large, peeled, 1 halved and 1 thickly sliced

**bay leaves** 2

**garlic** 1 clove, crushed

**rosemary** 1 sprig, leaves pulled off and finely chopped

**olive oil**

**sea salt flakes** to sprinkle

**white wine** 2 glasses

■ Heat the oven to 180C/fan 160C/gas 4. Mix the butter with the lemon and season well. Gently push your fingers under the turkey's skin, starting from the neck end of the bird,

easing the skin away from the flesh over both the breast and tops of the drumsticks - you'll have to slide your whole hand in to reach this far. Spread the lemon butter under the skin, pushing it as far in as you can, then smooth the skin back into place. Put the onion halves and bay leaves in the turkey cavity.

■ Mix the garlic and rosemary with enough olive oil to make a paste, rub this over the skin of the turkey and sprinkle with salt flakes.

■ Arrange the sliced onion in the bottom of a large roasting tin to act as a trivet for the bird and pour in the wine. Sit the turkey on top and cover both the bird and tin completely with foil to make a tent. Cook the turkey for 40 minutes per kilo, basting once or twice. Take out the turkey and turn up the oven to 220C/fan 200/gas 7. Remove the foil and return to the oven for a further 30 minutes, or until the skin is golden. To test if it is cooked, pierce the fattest part of the thigh with a skewer - the juices that run out should be clear and not pink; keep cooking if the juices are pink and check again after each 10 minutes. If you like your turkey meat almost falling off the bones, test by wiggling the leg - it should give slightly if the meat is ready to come away from the bones.

■ Rest the turkey, covered loosely with foil for at least 30 minutes and up to an hour before serving (this will also free up the oven for the parsnips and stuffing). To make a gravy, strain the cooking juices and keep the onions. Follow the gravy instructions on the classic recipe (page 40) and add a little chopped rosemary.

■ **PER SERVING** 736 kcal, protein 100.6g, carbs 4.1g, fat 35.3g, sat fat 13.4g, fibre 0.7g, salt 1.23g





Italian roast turkey;  
pancetta and rosemary stuffing





## Parmesan crusted parsnips

50 minutes ■ Serves 6 ■ EASY

**parsnips** 1kg, peeled, quartered lengthways and woody centre removed

**groundnut oil** 4 tbsp

**polenta** 2 tbsp

**parmesan** 50g, grated

**English mustard powder** 1 tsp

- Heat the oven to 220C/fan 200C/gas 7. Cook the parsnips in boiling salted water for 6 minutes or until just tender. Drain really well.
- Put a large shallow baking tray with the oil in the oven for 5 minutes to heat up. Mix the polenta, cheese and mustard powder and season with salt. Put on a large plate, then toss the parsnips in the mixture while still hot.
- Transfer to the hot tray, then put in the oven for 15 minutes. Turn in the fat, then cook for another 15-20 minutes or until crisp and golden.

■ PER SERVING 227 kJals, protein 67g, carbs 247g, fat 12g, sat fat 3g, fibre 78g, salt 0.2g



## Ciabatta and rosemary stuffing

1 hour ■ Serves 6 ■ EASY

*Prep this ahead, then cook with the parsnips while the turkey is resting. For a veggie stuffing, just leave out the pancetta.*

**ciabatta** 1 loaf, crusts removed and cut into chunks

**milk** 100ml

**onion** 2 large, finely chopped

**butter**

**cubetti di pancetta** 140g

**rosemary** 3 sprigs, needles stripped and chopped

**lemon** 1, zested and juiced

**egg** 1, beaten

- Put the ciabatta into a bowl with the milk and mash together with a fork.
- Cook the onion in a large knob of butter until completely soft. Add the pancetta and cook until starting to go golden. Add the rosemary and cook for a minute or two. Cool a little, then tip the onion mix into the bread and add the lemon and egg. Stir thoroughly and season well, then tip into a buttered baking dish.
- Dot extra bits of butter on the top, then bake in a 220C/fan 200C/gas 7 oven for 15-20 minutes or until crisp and golden on top.

■ PER SERVING 233 kJals, protein 10.6g, carbs 21.6g, fat 12.2g, sat fat 5.2g, fibre 1.6g, salt 1.72g



## Baked red onions in balsamic

1 hour 10 minutes ■ Serves 6 ■ EASY

*These can be baked ahead of time or the day before, then just reheated in a microwave or hot oven and scattered with the nuts to serve.*

**balsamic** 6 tbsp

**brown sugar** 2 tbsp

**red onions** 6 small, peeled, root left intact

**vegetable stock** 200ml

**pine nuts** 3 tbsp, toasted

- Mix the balsamic and sugar and leave to dissolve. Heat the oven to 190C/fan 170C/gas 5. Cut the onions in half from root to tip and lay cut-side down in a large roasting tin. Pour over the stock, cover with foil and bake for 30-40 minutes or until completely tender. Take out the tray and turn up the oven to 220C/fan 200C/gas 7. Take off the foil and discard, and turn the onions cut-side up. Pour over the balsamic mix, then put back in the oven and cook for 25-30 minutes until glazed and caramelised. Scatter over the pine nuts to serve.

■ PER SERVING 92 kJals, protein 1.8g, carbs 13.6g, fat 3.7g, sat fat 0.4g, fibre 1.2g, salt 0.35g



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# Middle eastern

## MIDDLE EASTERN CHRISTMAS MENU

- \* Spinach, walnut and feta parcels
- \* Middle Eastern turkey
- \* Pomegranate stuffing
- \* Green beans with golden almond butter
- \* Spiced roast baby aubergines

## WHAT TO DRINK

 Fruity and aromatic with an alluring floral aroma, **Torres Viña Esmeralda 2009, Catalunya, 11.5%**, (£7.49, Waitrose, Majestic) is a great choice for succulent Mediterranean sweetness and spice.

 A juicy Malbec such as **Finest Argentinian Mendoza Malbec 2008, 14%**, (£6.99, Tesco) is bursting with sumptuous plum and dark chocolate.

## Spinach, walnut and feta parcels

50 minutes ■ Serves 6 ■ **EASY**

*These parcels can be made a couple of hours ahead and reheated.*

**spinach** 400g, washed  
**butter**  
**cinnamon** ½ tsp  
**cumin seeds** ½ tsp, toasted  
**feta** 200g, crumbled  
**walnuts** 50g, chopped  
**egg** 1, beaten  
**filo pastry** 9 sheets  
**greek yoghurt** 200ml  
**garlic** ½ clove, crushed  
**baby salad leaves** to serve  
**pomegranate molasses** to serve (optional)

- Heat the oven to 190C/fan 170C/gas 5. Wilt the spinach in a little butter, then cool, squeeze out any water and chop. Put in a bowl with the cinnamon, 1 tsp of the cumin, feta and walnuts and season really well.
- Melt another 50g butter in a small pan. Cut the filo sheets in half so you have 18 squareish



pieces. Butter 3 sheets on both sides, then lay on top of each other with each one at an angle to make a rough star shape. Put ⅙ of the filling in the middle. Bring up the sides and gather together at the top, squeeze or twist to seal firmly. Repeat with the other 5. Bake for 20-25 minutes until golden and crisp. Mix the yoghurt and garlic with the other ½ tsp cumin seeds. Serve with a dollop of yoghurt and a few salad leaves. Drizzle over a little pomegranate molasses to finish, if you like.

■ PER SERVING 364 kJ, protein 14.5g, carbs 20.1g, fat 25.6g, sat fat 11.9g, fibre 2.4g, salt 1.61g

## Middle Eastern roast turkey

4½ hours (based on 6kg bird)

■ Serves 8-10 ■ **EASY**

*A turkey will need a different cooking time per weight depending on how big it is. See page 52 for a time-per-weight chart. Calculate the weight the night before and don't forget to allow one hour of resting time. If you want to serve gravy with this, follow the recipe on the classic Christmas menu and add a pinch of each spice (below) and a squeeze of orange juice to the cooking juices.*

**turkey** 1 oven-ready, about 6kg  
**butter** 125g  
**lemon** 1, zested and halved  
**onions** 2 large, peeled, 1 halved and 1 thickly sliced  
**bay leaves** 2  
**ground cinnamon, ground cumin**  
 and **sweet paprika** combined to make 2 tsp

**thyme** 1 sprig, leaves pulled off and finely chopped  
**pomegranate molasses** ½ tbsp (optional)  
**orange** 1, zested and halved  
**olive oil**  
**cinnamon sticks** 2  
**white wine** 2 glasses

■ Heat the oven to 180C/fan 160C/gas 4. Mix the butter with the lemon and season well. Gently push your fingers under the turkey's skin, starting from the neck end of the bird, easing the skin away from the flesh over both the breast and tops of the drumsticks – you'll have to slide your whole hand in to reach this far. Spread the lemon butter under the skin, pushing it as far in as you can, then smooth the skin back into place. Put the onion halves and bay leaves in the turkey cavity.

■ Mix the spices and thyme with the pomegranate molasses, if using, orange zest and enough oil to make a brushable paste. Brush all over the turkey breast. Push the halved orange and cinnamon sticks into the turkey.

■ Arrange the sliced onion in the bottom of a large roasting tin to act as a trivet for the bird and pour in the wine. Sit the turkey on top and cover both the bird and tin completely with foil to make a tent. Cook the turkey for 40 minutes per kilo, basting once or twice.

■ Take out the turkey and turn up the oven to 220C/fan 200/gas 7. Remove the foil and return to the oven for a further 30 minutes or until the skin is golden. To test if it is cooked, pierce the fattest part of the thigh with a skewer – the juices that run out should be clear and not pink; keep cooking if the juices are pink and check again after each 10 minutes. If you like your turkey meat almost falling off the bones, test by wiggling the leg – it should give slightly if the meat is ready to come away from the bones.

■ Rest the turkey, covered loosely with foil, for at least 30 minutes and up to an hour before serving. To make a gravy, strain the cooking juices and keep the onions. Follow the gravy instructions on the classic recipe (page 40) and add a pinch of each spice and a squeeze of orange juice.

■ PER SERVING (FOR EIGHT) 851 kJ, protein 105.1g, carbs 14.7g, fat 41.7g, sat fat 15.7g, fibre 1.9g, salt 0.94g





Middle Eastern roast turkey; green  
beans with golden almond butter;  
pomegranate stuffing





## Green beans with golden almond butter

15 minutes ■ Serves 6 ■ EASY

*To make ahead, just cook the beans, rinse in cold water, then reheat in the almond butter.*

**green beans** 400g, topped  
**butter** 50g  
**flaked almonds** 3 tbsps  
**garlic** 1 clove, halved

■ Boil or steam the green beans until tender. Heat the butter in a frying pan, add the almonds and garlic and season. Cook until the almonds are golden and the butter is nutty. Discard the garlic, add the beans and toss.

■ PER SERVING 109 kcal, protein 2.4g, carbs 2.6g, fat 10g, sat fat 4.5g, fibre 1.9g, salt 0.15g



## Spiced roast baby aubergines

1 hour ■ Serves 6 ■ EASY

*These aubergines can be cooked a day ahead or on the morning, then reheated to serve.*

**aubergines** 12 baby or 6 small, halved lengthways  
**olive oil**  
**ground cumin** 1 tsp  
**ground coriander** 1 tsp  
**smoked paprika** ½ tsp  
**lemon juice** 2 tbsps  
**garlic** 1 clove, crushed

■ Heat the oven to 190C/fan 170C/gas 5. Cut the flesh of the aubergines in a criss-cross pattern but don't cut through the skin. Mix 3 tbsps olive with the rest of the ingredients and season well. Put the aubergines cut-side up in a roasting tin. Spoon over the marinade. Roast until meltingly tender, about 40-50 minutes.

■ PER SERVING 62 kcal, protein 0.7g, carbs 1.6g, fat 5.9g, sat fat 0.8g, fibre 0.9g, salt 0.01g

## Pomegranate stuffing

20 minutes ■ Serves 6 ■ EASY

*This is an easy alternative to baked stuffing.*

**vegetable or chicken stock** 400ml  
**saffron** a pinch  
**ready-to-eat apricots** a handful, sliced into strips  
**Craisins or dried cranberries** a handful  
**butter** 50g  
**couscous** 200g  
**shelled pistachios** 50g, toasted and roughly chopped  
**pomegranate seeds** a handful  
**coriander** a small bunch, chopped

■ Bring the veg stock to a simmer in a pan. Add saffron and apricots (and cranberries, if using) and stir. Simmer very gently for 2-3 minutes. Put the couscous, butter and ½ tsp salt in a bowl. Tip in the boiling stock, stir, then cover with clingfilm. Leave for 5 minutes, then fluff up with a fork and stir in pistachios, pomegranate and coriander.

■ PER SERVING 227 kcal, protein 4.1g, carbs 27.2g, fat 12.1g, sat fat 5g, fibre 1g, salt 0.84g





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# Turkey factfile

## Types of turkey



### 1 TRADITIONAL WHITE

White turkeys are the main breed available and, though many are mass produced, you can find good quality ones if you prefer a milder flavour and more breast. Copas, as well as Bronze Turkeys, rear 14 white breeds that live in naturally-lit, spacious barns. (copas.co.uk)



### 2 BRONZE

Bronze turkeys are slower-growing, with a stronger flavour (particularly the brown meat) and firmer texture. KellyBronze turkeys produced by Paul Kelly are reared outdoors, and are hand plucked and hung for 14 days to develop their flavour. (kelly-turkeys.com)



### 3 NORFOLK BLACK

Another slow-growing breed, and possibly one of the first to be produced in this country when turkey was introduced in the 16th century. Norfolk blacks are classed as a rare breed. Try peeblesblackturkeys.co.uk and norfolkblackturkey.co.uk



## Cooking times

The main difficulty in cooking turkey is that white breast meat cooks at a different rate from brown leg meat. Opinions vary as to whether you should fast cook a turkey or slow cook it - ideally a turkey breast would be separated from the legs so that each bit cooks perfectly - but that doesn't look nearly as impressive at the table.

\* Make sure your turkey is not still fridge cold for timings to be accurate. Factor this in to your time plan for the day and take it out of the fridge an hour before cooking. The larger the turkey, the less time it will need per kilo because it'll spend longer in the oven altogether. If you are stuffing it, calculate the weight including stuffing.

\* If you are eating a bronze or black turkey, the accepted wisdom is to cook your turkey quickly, as the birds have less fat on them and a slow cook won't improve their juiciness. 30 minutes per kg for a bird under 4kg, and then 45mins for each kg over that weight. This is different from a traditional white turkey (see below).

\* All turkeys are best rested for an hour to allow juices to settle. The following timings give a white turkey well cooked white and brown meat. Weigh the bird and calculate as below for an oven preheated to 180C/fan 160C/ gas 4.

## Buying a turkey

The best bet for finding an ethically produced turkey is to get one with an assurance scheme label. Assurance schemes are voluntary and industry-led and each has different levels of commitment to bird welfare. Organic, free-range and heritage/traditional are words to look out for, preferably all on the same bird (organic turkeys are always free-range). Not all quality turkey will have a stamp on it though - smaller producers don't always have the money to join schemes, so if you buy from a local or small producer ask them about production methods. Rick Stein's Food Heroes website lists small producers (rickstein.com)

### SCHEMES TO LOOK OUT FOR INCLUDE



**SOIL ASSOCIATION** labelled organic food - this has the most stringent standards of all.



**FREEDOM FOODS** monitored by the RSPCA- you'll find this quite widely available.



**TOTALLY TRADITIONAL TURKEYS** is the label of Traditional Farmfresh Turkey Association and is found on traditional breeds and free-range traditional turkey. It is recognised by the EU as a product worthy of protected status (CSC).



**SUPERMARKETS** You will find ethically produced, quality turkeys in supermarkets, but you may need to order to make sure you get one. For example, Sainsbury's is selling a Taste the Difference free-range Norfolk Black this year under the label Woodland.

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# sweet surrender

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Recipes ALICE HART Photographs GUS FILGATE

Caramel choux puffs  
(recipe overleaf)





Glossy chocolate cherry cake  
(recipe overleaf)



## Caramel choux puffs

1 hour ❄️ ■ Serves 6 (makes about 30 puffs)

### ■ A LITTLE EFFORT

*There are a couple of techniques involved here: for the choux pastry and caramel, but they aren't really that tricky and you'll end up with a seriously impressive pud. The empty, cooked choux buns can be frozen for a few months - defrost them and give them a blast in a warm oven to re-crisp before using.*

#### CHOUX PUFFS

**plain flour** 110g, sifted

**butter** 80g, cubed

**eggs** 3, beaten

#### FILLING

**double cream** 250ml

**icing sugar** 1 tbsp

**vanilla pod** 1, scraped-out seeds only

or 1 tsp **vanilla extract**

**thick fromage frais**, 150ml

**dulce de leche** or **Nestlé caramel** 4 tbsp

#### CARAMEL

**golden caster sugar** 225g

■ Start by making the choux buns. Have the sifted flour ready in a bowl and keep a wooden spoon on hand. Put the cubed butter and a pinch of salt in a saucepan with 225ml water. Slowly bring to the boil and, when the liquid bubbles furiously, tip in all the flour; remove from the heat and beat vigorously with the wooden spoon. As soon as the mixture starts to leave the sides of the pan, stop beating and spread it out on a plate to cool to warm.

■ Return the warm mixture to the pan and gradually beat in the egg until you have a smooth mixture that drops from a jolted spoon. You may not need to add all the egg. Spoon into a piping bag fitted with a large, plain nozzle (or just use a teaspoon).

■ Heat the oven to 200C/fan 180C/gas 6 and line a large baking sheet with parchment paper. Pipe walnut-sized rounds (or heaped teaspoonfuls) onto the baking sheet, leaving space between each. Bake for 20-25 minutes or until deep golden, puffed and firm. Pierce each base with a skewer to release the steam inside and return to the oven for a couple of minutes. Cool completely on a wire rack.

■ Whip the cream with the icing sugar and vanilla seeds until it holds its shape. Fold in the fromage frais, then gently marble in the dulce de leche. Either cut each choux bun in half and spoon the cream mixture in to fill generously, or use a piping bag fitted with a fine nozzle to pipe the filling into each through the steam hole you made.

■ To make the caramel, put the sugar in a heavy-based pan with 100ml water and heat gently, stirring to dissolve the sugar. Stop stirring and bring the liquid up to a rolling boil; simmer for 5 minutes or so, until the mixture turns a deep amber colour. You may swirl the pan occasionally, but don't stir or the sugar will clump and crystallise. Carefully add 60ml water, swirling the pan and simmering until the caramel has come together again. Cool for 5 minutes.

■ Cautiously - the caramel is still hot so you should use tongs or two forks - dip each bun into the thick caramel sauce to coat, then stack up on serving plates (sticking together with the caramel). Pour the remaining caramel all over the top.

■ **PER SERVING** (5 puffs) 619kcal, protein 8.2g, carbs 61.8g, fat 39.4g, sat fat 21.6g, fibre 0.6g, salt 0.4g



## BRILLIANT WINE MATCHES

This is the time of year to indulge in some of the world's rare treasures, its sweet wines. Broadly there are four types to explore: the piercingly sweet styles often with a hint of orange marmalade from 'noble rot'. These include wines from Sauternes and the Loire, Tokaji (Hungary), Austria and Australia. The second group are richer, often more alcoholic wines, including great value moscatels from Greece and Spain, and tawny port. The third group are sweet reds, mainly from California, Spain and France. Finally don't forget sparkling sweeties from Champagne, Italy and Australia. Put all these wines in the fridge before the meal begins and they will be deliciously cool by the time the pud comes along. With the melting syrupy rum baba, pick the very reliable, fragrant **Brown Brothers Orange Muscat & Flora 2008, Victoria, Australia, 10.5%** (£6.99/37.5cl, Majestic, Waitrose). The Frangipane needs an ultra-sweet, zesty partner, so pick an exceptional Austrian - **Feiler-Artinger Beerenauselese 2008, Burgenland, Austria, 12%** (£11.49/37.5cl, Waitrose) may be light in alcohol, but bursting with succulent tropical fruit.

For the sorbet, a succulent red sweet without tannin (that rules out port and sparkling shiraz, but suggests **Elyssium, a juicy black muscat from California, 2007, 15%** (£9.99/37.5cl, Majestic). The floral, light grapey Asti is ideal with the glossy sweetness of choux, **Asti Martini, Italy, 7.5%** (£6.99, Tesco). Finally, with the chocolate cake track down a Banyuls or Maury, with a unique combo of dense red fruits with sweetness: **Domaine Poudroux Vendange Tardive 2004, Maury, France, 15.5%** (£10.99/50cl, Waitrose).  
**SARAH JANE EVANS MW.**

## Glossy chocolate cherry cake

1 hour + cooling time ■ Serves 12

### ■ A LITTLE EFFORT

*This is a feather-light, divinely squidgy chocolate cake studded with sumptuous cherries and iced with the shiniest of ganaches.*

#### CAKE

**plain flour** 250g

**70% cocoa powder** 60g

**bicarbonate of soda** 1 tsp

**baking powder** 1 tsp

**caster sugar** 200g

**soft dark brown sugar** 200g

**eggs** 2, beaten

**buttermilk** 125ml

**vanilla extract** 1 tsp

**chocolate extract** (you'll find this in the baking section) or **brandy** 1 tbsp

**unsalted butter** 125g, cubed

**salt** 1 tsp

**pitted morello cherries** 350g jar, drained

#### SHINY GANACHE

**double cream** 250ml

**golden syrup** 3 tbsp

**70% dark chocolate** 250g, finely chopped

**vanilla extract** 1 tsp

**crème fraîche** or **whipped cream**, to serve

■ Heat the oven to 190C/ fan 170C/ gas 5. Line a 20 x 30 cm tin with baking parchment. Sift the flour, cocoa powder, bicarbonate of soda and baking powder into a large mixing bowl. Stir in the sugars, mixing everything together. In a separate bowl, whisk the eggs, buttermilk, vanilla extract and chocolate extract or brandy together briefly.

■ Put the butter and salt in a saucepan with 240ml water. Put over a medium heat and remove the pan as soon as the water boils. Pour into the dry mixture and begin to stir in with a spatula or big metal spoon. Next, pour in the egg mixture and fold together well.

■ Scatter cherries over the tin's base and spoon the batter over. Bake for 25-30 minutes, or until risen and springy. Carefully turn out, peeling away the paper, then turn onto a wire rack to cool the right way up.

■ To make the ganache, bring the cream and syrup almost to the boil in a small pan. Put the chopped chocolate in a heatproof bowl with the vanilla extract and pour the hot cream over. Leave for a minute, then gently stir to form a glossy ganache. Spread over the top and sides of the cooled cake, smoothing with a palette knife. Serve with crème fraîche or cream.

■ **PER SERVING** 575kcal, protein 5.9g, carbs 71.2g, fat 31.4g, sat fat 17g, fibre 2.6g, salt 0.8g



## Black grape and wine sorbet

15 minutes + chilling + freezing time

■ Serves 4 ■ **EASY**

*Instead of the sparkling shiraz, you could use a full-bodied red wine or a light, fruity rosé.*

**golden caster sugar** 120g

**black or red grapes** 750g, picked off their stalks

**sparkling shiraz** 200ml

■ Dissolve the sugar by gently heating it in a pan with 100ml water. Bring to the boil and simmer for 2 minutes, then set aside to cool.

■ Whizz the grapes in a blender until roughly puréed. Pour through a sieve, using a spatula to push through as much juice as possible. (You could use a juicer for this step instead.)

■ Stir in the cooled syrup and the wine. Chill for a couple of hours, then freeze/churn in an ice-cream machine following the instructions. Spoon into a lidded container and freeze for a couple of hours until firm. If you don't have an ice-cream machine, pour into a shallow lidded container and freeze for 2 hours until firming up at the edges. Use a fork to beat the ice crystals in, then freeze for another 30 minutes. Repeat the beating-and-freezing-for-30-minutes step for a further 2 hours, then leave to freeze for 3 hours or until firm. Serve scoops in pretty glasses.

■ **PER SERVING** 263kcal, protein 1.2g, carbs 61.6g, fat 0g, sat fat 0g, fibre 0g, salt 0.02g





## Mocha chocolate roulade

1 hour + cooling ■ Serves 8

■ A LITTLE EFFORT



**self-raising flour** 75g  
**baking powder** 1 tsp  
**70% cocoa powder** 50g, plus extra to dust  
**espresso coffee powder** 2 tsp  
**eggs** 5  
**golden caster sugar** 100g, plus a little extra  
**MOCHA CREAM FILLING**  
**double cream** 300ml  
**espresso coffee powder** 1 tsp dissolved in 2 tsp boiling water  
**vanilla extract** 1 tsp  
**Kahlúa or Tia Maria** 2 tbsp  
**DECORATION**  
**dark chocolate** 150g  
**double cream** 75ml  
**icing sugar** for dusting  
**holly leaves** 10, washed

■ To make the chocolate leaves, melt 50g of the dark chocolate in the microwave or over a pan of water. Paint the shiny side of each holly leaf with a layer of chocolate. Leave to set, then paint over another layer. Set in a cool place, then peel off the chocolate leaves.

■ Heat the oven to 190C/fan 170C/gas 5. Line a 30 x 40cm swiss roll tin with baking parchment, butter and dust with cocoa. Sift the flour, baking powder, coffee and cocoa into a bowl. Beat the eggs and caster sugar with an electric mixer until thick, pale and trebled in volume, about 8-10 minutes. Quickly fold in the flour mix with a large metal spoon, the less air you squash out the better. Pour into the tin, tipping the tin so the batter is even. Bake for 10-15 minutes or until firm.

■ Cool the sponge for 2 minutes, then turn it out onto baking parchment dusted with caster sugar. Peel off the lining paper and roll up the sponge using the paper underneath. It may crack, but the icing will cover it. Cool.

■ For the mocha filling, whisk cream with the other ingredients until firm, not stiff. Gently unroll the sponge and spread cream out gently. Reroll the roulade as tightly as you can without squashing out the filling.

■ Chop the rest of the dark chocolate, put in

a bowl, heat 75ml double cream, pour over chocolate and stir. Cool, then spread a thin layer over the roulade. Dust with icing sugar and decorate with the chocolate leaves.

■ PER SERVING 528kcal, protein 75g, carbs 411g, fat 371g, sat fat 191g, fibre 16g, salt 0.4g

## Mincemeat, pear and frangipane tart

1 hour 40 minutes + chilling time

■ Serves 10 ■ EASY

**all-butter shortcrust pastry** 375g  
**plain flour** for dusting  
**blanched almonds** 250g  
**golden caster sugar** 250g  
**unsalted butter** 250g, soft  
**eggs** 4, beaten  
**vanilla extract** 1 tsp  
**good quality mincemeat** 400g (see page 145 and find out how to make your own)  
**pear** 1 small, cored and coarsely grated  
**flaked almonds** 50g

■ Roll the pastry out on a lightly floured surface to about 5mm thick. Use it to line a 25cm diameter, 4cm deep flan tin - ideally with a removable base. Press the pastry in firmly and leave the excess hanging over the edge. Chill for at least 30 minutes.

■ Heat the oven to 160C/fan 140C/gas 3. Make the frangipane by pulsing almonds and 100g caster sugar in a food processor until finely ground. Do not over-process or the nuts may become oily. Tip into a bowl. Add the remaining sugar and the butter to the food processor and blend until light.

Gradually add the egg and vanilla as you blend then add to the almond and mix well.

■ Trim the excess edges of the chilled pastry. Mix the mincemeat and grated pear together and spread across the base of the tin. Drop spoonfuls of frangipane over the surface and spread evenly with a spatula. Scatter with flaked almonds and bake for about 1 hour 15 minutes, or until golden and puffed. Cool for at least 15 minutes before slicing and serving.

■ PER SERVING 780kcal, protein 12.2g, carbs 70.4g, fat 51.9g, sat fat 22.3g, fibre 3.9g, salt 0.3g



## Cranberry and orange rum babas

1 hour 25 minutes + at least 30 minutes steeping ■ Makes 6

■ A LITTLE EFFORT

*These Christmassy babas will make your house smell like heaven as they bake. Make extra syrup if you like and warm through before serving with the soaked babas.*

**BABAS**

**fresh yeast** 25g or **dried yeast** 1 tsp  
**milk** 90ml, warmed until tepid  
**strong white flour** 225g  
**salt** ½ tsp  
**golden caster sugar** 2 tbsp  
**eggs** 4, beaten  
**butter** 100g, very soft  
**dried cranberries** 75g  
**RUM SYRUP**  
**golden caster sugar** 250g  
**orange** 1 small, finely grated zest and juice  
**dark rum** 4 tbsp, or more if you like  
**dried cranberries** 75g  
**whipped cream, crème fraîche** or **ice cream**, to serve

■ Lightly butter 6 x 150ml pudding moulds. Put the yeast, milk and 50g of the flour in a bowl and blend until smooth. Stand in a warm place for 15 mins until it starts to bubble. Add the remaining flour, salt, sugar, eggs and butter to make a soft dough and beat well for 3 minutes. Add the cranberries, then half-fill the moulds with the dough and allow to rise in a warm place for about 30 minutes.

■ Heat the oven to 190C/fan 170C/gas 5. Put the babas on a baking sheet then bake for 20-25 minutes or until puffed and golden.

■ Meanwhile, make the rum syrup. Put the sugar in a saucepan with 300ml water and heat gently until dissolved. Bring to the boil and simmer for a few minutes until thickened a little. Remove from the heat and add the orange zest and juice, rum and cranberries.

■ Turn the babas out into a large, deep dish and pour the syrup over. Leave to soak at room temperature, turning occasionally, for at least 30 minutes or up to 2 hours. Serve with whipped cream, with a little extra rum whipped in if you like, crème fraîche or ice cream.

■ PER SERVING 601kcal, protein 10.5g, carbs 96.7g, fat 19.3g, sat fat 10.3g, fibre 2g, salt 0.8g

For more festive ideas from Alice Hart, see her perfect gift guide in *My Secret Christmas Address Book*, p24





Cranberry and orange rum babas



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# & Eat, drink & be merry

Celebrate in style with Matt Tebbutt's hearty seasonal entertaining menu

Recipes MATT TEBBUTT Photographs MYLES NEW







Over Christmas my wife, Lisa, and I like to entertain with gusto. This is the season to show off a little with big, gutsy dishes, bad Christmas albums and too much booze. Anyone that doesn't leave the dinner table either stuffed to the brim or giddy isn't trying! With the party season in full swing, I usually serve rich, warming dishes, **blue cheeses**, **duck** or a well-fed **goose**, **smoked salmon** and plenty of pudding with **brandy butter**. Obviously with this excess comes guilt, so make sure you have **clementines** or **dates** lying about. Failing that, steep **seasonal fruits** in **eau de vie** and serve with **Greek yoghurt** or **ice cream**. Forget calorie counting and live for the moment, because January's just around the corner.

#### BEEF MENU

- \* Ceviche
- \* Mustard roast beef
- \* Pumpkin with mushrooms and fennel
- \* Potato and celeriac gratin
- \* Butterscotch pudding with whisky sauce

### Ceviche

1 hour 20 minutes ■ Serves 6 ■ EASY

#### olive oil

**garlic** 1 clove, very finely sliced  
**mackerel** 2 skinned and boned fillets  
**scallops** sustainably caught, 6 cleaned  
**monkfish fillet** sustainably caught, 300g, any membrane completely removed  
**red and green chilli** 1 each, finely diced  
**limes** 2, juiced  
**lemon** 1, juiced  
**spring onions** 2, sliced  
**dill** a few sprigs  
**fennel seeds** 1 tsp, toasted

■ Warm 100ml olive oil with the garlic, strain and cool. Cut the mackerel into strips, the monkfish into slices and the scallops through the middle. Put in a ceramic or glass dish.

■ Pour the cooled oil over the fish. Add the chopped chilli and citrus juices, season then leave to marinate for 1 hour.

■ When ready to serve, remove the fish from the marinade, arrange on a platter or plates and scatter over the spring onions, dill and fennel seeds.

■ PER SERVING 269 kJ, protein 19.2g, carbs 0.7g, fat 21.1g, sat fat 3.4g, fibre 0.1g, salt 0.22g



### Mustard roast beef

1 hour + cooking time

■ Serves 6-8 ■ A LITTLE EFFORT

**forerib of beef** 3-ribs (approx 2.3kg after chine bone removed), French-trimmed

#### olive oil

**Dijon mustard** 3 tbsp

**shallots** 8, peeled and halved

**thyme** a few sprigs

**plain flour** 1 tbsp

**red wine** 350ml

**beef stock** 300ml

**redcurrant jelly** 2 tsp

■ Heat the oven to 220C/fan 200C/gas 7. Season the beef thoroughly. Heat a heavy roasting tin on the hob and add a little oil. Sear the beef all over until you have a good colour, then brush with the mustard, especially the fat. Add the shallots and thyme to the roasting tin, then cook in the oven for 30 minutes.

■ Turn down the oven to 160C/fan 140C/gas 3. Keep cooking the beef for 15 minutes per 450g for medium-rare. Take out of the tin and rest for at least an hour under foil.

■ Put the roasting tin on the hob, sprinkle in the flour and stir everything well. Add the wine, beef stock and redcurrant jelly and simmer until reduced by half. Strain into a jug and serve with the beef.

■ PER SERVING (6) 734 kJ, protein 81g, carbs 3.8g, fat 41.8g, sat fat 18.1g, fibre 0.2g, salt 1.06g

■ PER SERVING (8) 551 kJ, protein 60.7g, carbs 2.8g, fat 31.4g, sat fat 13.6g, fibre 0.2g, salt 0.8g





## Roast pumpkin and fennel with mushrooms

40 minutes ■ Serves 6 ■ EASY

**fennel bulbs** 2, cut into thin slices  
**pumpkin** or **squash** 1 small, peeled and diced  
**garlic** 1 clove, crushed  
**bay leaf** 1  
**olive oil**  
**portobello** or **field mushrooms** 300g, diced into big chunks  
**butter**  
**tarragon** a few sprigs  
**double cream** 100ml  
**Dijon mustard** 1 tsp

■ Heat the oven to 200C/fan 180C/gas 6. Toss the fennel and pumpkin or squash with the garlic, bay leaf and some olive oil then season. Roast for 15-20 minutes until tender.

■ Meanwhile, fry the mushrooms in butter until any liquid they give off has evaporated.

■ To serve, heat the double cream in a small pan then stir in the mustard and tarragon. Put the squash and fennel mixture on a platter, toss through the mushrooms, then drizzle with the mustard cream.

■ PER SERVING 227 kJals, protein 31g, carbs 11.3g, fat 19.2g, sat fat 71g, fibre 3.6g, salt 0.13g

## Potato and celeriac gratin

1½ hours + infusing time

■ Serves 6 ■ EASY

*You can make this ahead and reheat it when the pumpkin dish is cooking.*

**milk** 250ml  
**double cream** 250ml  
**butter** 100g  
**garlic** 1 bulb, cut in two horizontally  
**thyme** ½ bunch  
**bay leaves** 3  
**Maris Piper** or **King Edward potatoes** 750g, peeled  
**celeriac** 1 small, peeled

■ Heat the first six ingredients in a pan and let infuse for 1 hour. Strain and reheat.

■ Meanwhile, slice the potatoes and celeriac finely. Add to the hot cream and simmer for 10 minutes, moving them to stop them sticking.

■ Pour into a large buttered ovenproof dish, arrange the top neatly and bake at 180C/fan 160C/gas 4 for 30 minutes until golden. Turn down to 140C/fan 120C/gas 1 and cook for another 30 minutes until cooked through.

■ PER SERVING 460 kJals, protein 61g, carbs 26.4g, fat 37.4g, sat fat 21.6g, fibre 5.4g, salt 0.62g





## Butterscotch pudding and whisky sauce

1 hour 15 minutes ■ Serves 6 ■ EASY

*You can make this ahead and warm it through while you eat your main course.*



**unsalted butter** 50g  
**vanilla pod** 1, split  
**light brown sugar** 60g  
**self-raising flour** 225g  
**bicarbonate of soda** 1 pinch  
**baking powder** 2 tsp  
**eggs** 2  
**milk** 300ml, warmed  
**prunes** 50g, stoned and chopped  
**walnuts** 50g, chopped  
**clotted cream** to serve  
**WHISKY SAUCE**  
**salted butter** 85g  
**muscovado sugar** 85g  
**double cream** 200ml  
**whisky** to taste (use the best you have)

■ Heat the oven to 180C/fan 160C/gas 4. Beat the butter, vanilla and sugar together. Mix the flour, bicarbonate of soda and baking powder, then add bit by bit to the butter mix, alternating with one egg at a time. Add the warm milk to make a smooth batter, then stir in the prunes and nuts. Pour into a baking tin approx 23 x 16 cm and cook for 30-40 minutes until firm.

■ For the sauce, boil the butter and sugar together until they are a dark caramel, then pour in the cream. Bring back to the boil and add the whisky to taste.

■ Cut the pudding into squares, put on plates, then pour over the sauce to cover. Serve with a spoon of clotted cream.

■ PER SERVING 687 kcal, protein 9.7g, carbs 60.4g, fat 45.6g, sat fat 23.5g, fibre 1.5g, salt 1.23g

### BRILLIANT WINE MATCHES

Ceviche needs a citrussy white softened by ripe fruit. **Finest Tingleup Riesling 2009, Western Australia, 12%**, (£8.49, Tesco) oozes lime and passion fruit.

An aged Rioja is a great match with beef, and **Torre Aldea Gran Reserva 2001, 13.5%**, (£11.99, Majestic) is a good vintage, maturing nicely.

With sumptuous butterscotch, pair a light, chilled fizz: **Asti NV Martini, Italy, 8%**, (£6.64, Waitrose).



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# Festive Entertaining 2010

A 48-page guide to getting ready to entertain at Christmas and what to cook when it arrives, complete with 17 recipes from the TV show

Following the success of last year's *Come Dine With Me Festive Entertaining* guide we've put together a second issue for this Christmas.

The 2010 guide is bigger, with almost twice as many recipes, and includes a day-by-day countdown to Christmas. It's packed with handy hints and tips to make sure you're all set when the holidays arrive.

And when you've cooked and eaten your fill, you can always take the weight off your

feet and settle down to watch *Come Dine With Me*, back on Channel 4 at the new time of 8pm on Friday nights, with a Christmas special scheduled for 13 December.

However you choose to spend the festive season, we hope you enjoy it just a little more with this latest selection of recipes.



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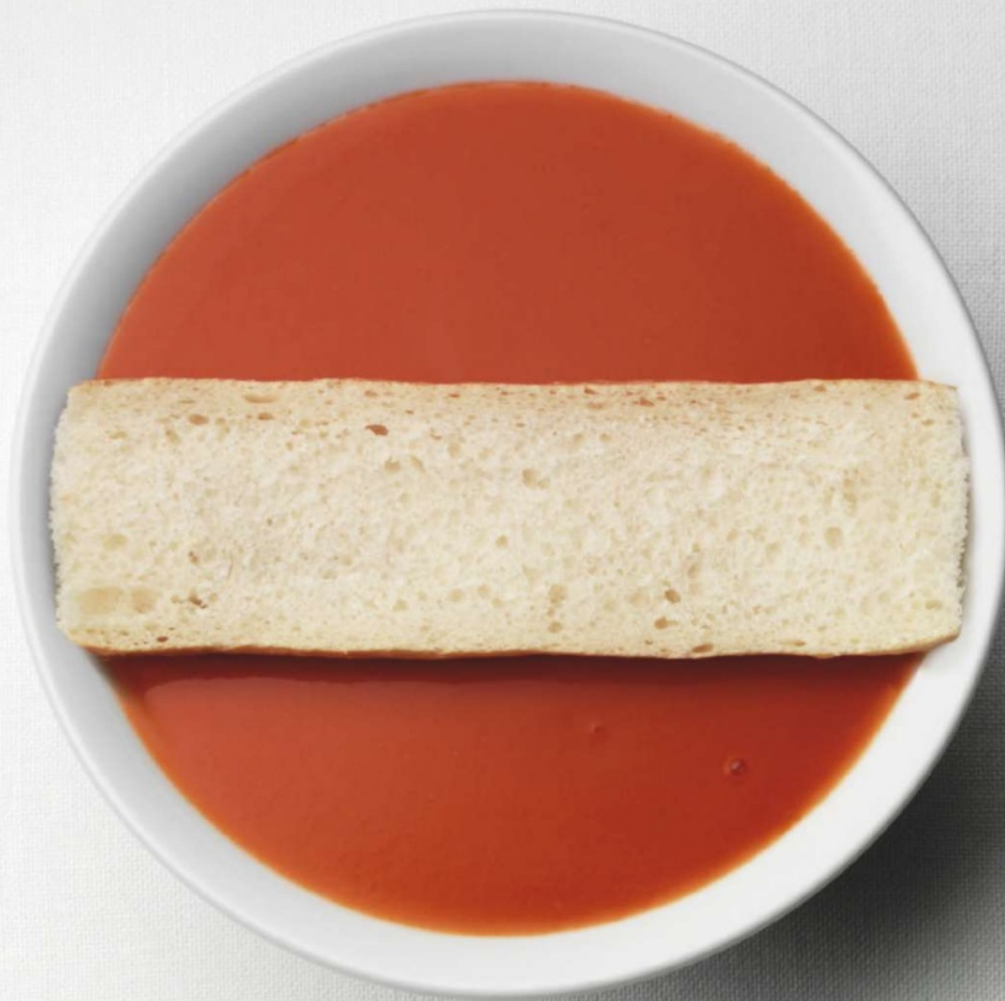
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# Gordon's recipe challenge



If anyone can solve your cooking dilemma, it's Gordon Ramsay. This month, **olive** reader Lucy Heeley wants recipes for easy canapés

Recipes GORDON RAMSAY

Photographs DAVID MUNNS







Q 'Please could you suggest some easy but stylish canapés to serve this Christmas.' **Lucy Heeley**



**A** 'Beautiful, fantastic-tasting canapés will make your Christmas parties stand out above everyone else's. We make thousands of canapés at my restaurants, so we've honed the recipes to make them simple to put together without compromising on flavour. I'm giving you three recipes; the salmon can be made days in advance and sliced just when you need it, the pear and dolcelatte wraps can be made a few hours ahead, leaving only the prawn and chorizo skewers to assemble at the last minute. How you present them will also add to their impact – rows of each on platters look good (see previous page), or make one big platter of each. You can also serve a plate with one of each on it as a starter with a difference.'

**LUCY'S VERDICT** 'These canapés were easy to prepare and delicious, as well as looking really professional. The salmon was surprisingly quick to marinate and slice, and you could cut it ahead of time to make the assembly even faster. The ham, pear and dolcelatte wraps took a little while to roll up, but kept well under clingfilm, so they were great to make in advance. The prawn and chorizo combination was fresh and zingy – definitely our favourite!'



### Glazed pears with dolcelatte, rocket and pata negra

20 minutes ■ Makes 12 ■ **EASY**

#### oil

**pears** 2 small, peeled, cored and each cut into six wedges

#### butter

**sherry vinegar**

#### brandy

**Dijon or wholegrain mustard** 2 tsp

**pata negra or Parma ham** 6 large slices, cut in half lengthways

**dolcelatte** 150g

**rocket leaves** 24

■ Heat a little oil in a frying pan and add the pear wedges. Cook gently for a minute then add a knob of butter, a splash of sherry vinegar and a splash of brandy. Bubble until you have a syrupy liquid around the pears and then stir in the mustard. Turn the pears over once or twice to coat them all over.

■ Lay out the pata negra slices and put a piece of pear, a piece of dolcelatte and 2 rocket leaves on each. Roll up tightly so they don't shed their filling when picked up. Cover with clingfilm until ready to serve.

■ **PER SERVING** 99 kcal, protein 4.9g, carbs 2.5g, fat 7.8g, sat fat 3.8g, fibre 0.5g, salt 0.71g



### Prawn, chorizo and tomato kebabs

40 minutes ■ Makes 12 ■ **EASY**

**cherry tomatoes** 6, halved

**garlic** 2 cloves, thinly sliced



### Cinnamon and star anise cured salmon

10 minutes + 24 hours marinating

■ Makes 12 + extra salmon ■ **EASY**

*There is no point in curing only enough salmon for these canapés – you can use the rest for a starter or in a salad.*

**brown sugar** 150g

**rock salt** 300g

**oranges** 3, zested

**star anise** 2

**cinnamon** 1 stick

**salmon** 500g centre piece of fillet, skinned and pin boned

**sourdough** 2 slices, toasted, each cut into 6

**crème fraîche** to serve

**beetroot** 3 slices of raw, peeled and shredded

**coriander leaves** 12

■ Whizz the sugar, salt, zest, star anise and cinnamon in a food processor. Tip over the salmon, cover with clingfilm and leave in the fridge or a cool place for 24 hours.

■ Wash any remaining mixture off the salmon and leave to dry for 1 hour. Slice when needed then top the toasts with a generous amount of salmon, a dollop of crème fraîche, some beetroot and a coriander leaf.

■ **PER SERVING** 107 kcal, protein 9g, carbs 51g, fat 5.7g, sat fat 1.6g, fibre 0.4g, salt 0.97g

**thyme** a couple of sprigs broken into small pieces

#### olive oil

**tiger prawns** 12 raw, peeled and head off

**chorizo** 12 slices from a whole sausage

**basil leaves** 12, cut in half

■ Heat the oven to 180C/fan 160C/gas 4. Put the tomatoes cut-side up on a baking sheet, top with a thin slice of garlic, a piece of thyme, a drizzle of olive oil and sprinkle of salt on each. Cook for 30 minutes.

■ Grill the chorizo and fry the prawns in a little oil, keeping everything warm. When the tomatoes are done, onto each skewer push a prawn, a piece of basil, a piece of chorizo, some more basil and a tomato half.

■ **PER SERVING** 26 kcal, protein 31g, carbs 0.4g, fat 1.3g, sat fat 0.5g, fibre 0.1g, salt 0.13g





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**Janine Ratcliffe,**  
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# Menu SPY

## Smoked salmon

Here's how chefs are using smoked salmon, plus five **olive** recipes for you to try at home this Christmas

Words and recipes SARAH COOK Photograph MYLES NEW

### KISHORN SEAFOOD BAR

(kishornseafoodbar.co.uk)

Fans come from far and wide to tuck into the simple but brilliant fish served at this Highlands institution. From Lochcarron mussels to Loch Kishorn squat lobster, the emphasis is definitely location, location, location. Try the locally smoked salmon with nothing more than lemon and brown bread. Just as it should be.

#### TRY OUR VERSION

**Salmon linguine with lemon and brown bread crumbs** ■ 20 minutes ■ Serves 2

Cook 200g **linguine** or **spaghetti** following the pack instructions. Crumb 1 slice **brown bread** and fry in **butter** until crisp and golden, then season. Snip 150g **smoked salmon** into strips, and when the pasta is ready, drain briefly (so the pasta is still wet) and tip back into the pan with zest and juice 1 **lemon**, 5 tbsp **crème fraîche**, handful **rocket leaves** and seasoning. Divide between 2 bowls and scatter over buttery crumbs.

### THE PEAT INN

(thepeatinn.co.uk)

Chef Geoffrey Smeddle cures his own locally caught salmon in this St Andrews favourite – one of the many reasons he was named Chef of the Year at the Scottish Restaurant Awards earlier this year. Try it in his home-cured salmon on dill blini with dill cucumbers, lobster and avocado **crème fraîche**.

#### TRY OUR VERSION

**Smoked salmon with dill, cucumber and avocado salad** ■ 15 minutes ■ Serves 6

Deseed half a **cucumber**, then slice thinly into half moons and mix with 2 quite finely diced **avocados**, ½ a finely chopped **red onion**, a small bunch of chopped **dill**, 2 tbsp **rice wine vinegar** and 1 tsp **sugar**. Serve with plenty of **smoked salmon**, some **blinis** and a pot of **crème fraîche**.

### SCANDI KITCHEN

(scandikitchen.co.uk)

We love our locally smoked salmon on **olive**, but you have to give it to the Scandinavians – they're pretty good with a side of salmon too. And thankfully Ikea isn't the only place you can get a Swedish lunch anymore. Head to the Scandi kitchen for its legendary smörgåsbord and you'll be in fishy heaven. Choose between open sandwiches of Norwegian smoked salmon or Swedish gravadlax or tuck into a Viking wedgie, where smoked salmon and cream cheese is stuffed between slices of polarbröd (a soft rye and wheat bread).

#### TRY OUR VERSION

**Open salmon and poppy seed sandwich**

■ 10 minutes ■ Serves 6

Mix 1 tbsp **poppy seeds**, zest and juice 1 **orange**, 1 tbsp **red wine vinegar**, 1 tbsp **olive oil** and 3 finely sliced **spring onions**. Drizzle over 300g **smoked salmon** and eat with **rye bread** and **cream cheese**.

**BUY THE BEST** You'll pay more for sustainably-sourced wild salmon, but it's worth it for the extra flavour. If your salmon is made from farmed fish look for organically farmed. Stocking densities will be lower, so the fish will have more room to swim and be leaner fleshed. Smoked salmon vary in flavour from a hint to a full-on hit of smoke. For more smoked salmon recipes, visit [bbcgoodfood.com/olive](http://bbcgoodfood.com/olive)

### FISHY FISHY BRASSERIE

(fishyfishy.co.uk)

If smoked fish is your thing, you'll love the locally smoked platter on the menu of this Brighton hangout. And keen fisherman and co-owner Dermot O'Leary promises that 99% of the fish is sourced from the English channel, so you can tuck in guilt-free. Not only will you get a generous helping of traditionally oak-smoked salmon, but also smoked trout and smoked mackerel, all served with pickled beetroot, horseradish, **crème fraîche** and fresh bread for just £8.50.

#### TRY OUR VERSION

**Smoked salmon with beetroot and horseradish** ■ 15 minutes ■ Serves 4

Mix 2 tbsp freshly grated **horseradish** with 150ml **crème fraîche** and some **black pepper**. Divide 8 slices **smoked salmon** between 4 plates. Finely dice 150g **cooked beetroot** then add a scatter to each serving, along with a dollop of horseradish, **crème fraîche** and a little **salmon caviar (keta)**.

### BILLS

(billsproducestore.co.uk)

If you can brave the queues at this popular Brighton café on a Sunday morning, you'll be rewarded with a brunch fit for a king. Although smoked salmon and scrambled eggs is hard to beat, we'll be tucking into the eggs royale instead: poached eggs, smoked salmon and hollandaise (£7.15).

#### TRY OUR VERSION

**Smoked salmon with hollandaise and eggs** ■ 40 minutes ■ Serves 2

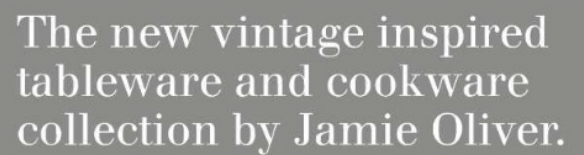
Melt 140g **butter** in a small pan, skimming any white solids from the surface. Whisk together 2 **egg yolks**, ½ tsp **white wine vinegar** and a pinch of **salt** in a heatproof bowl for a few minutes. Put over a pan of barely simmering water and keep whisking until pale and thick. Take off the heat and very gradually whisk in the warm, melted butter. Season with a little **lemon**. Serve toasted **brioche**, topped with 4-6 slices **smoked salmon** and a couple of poached **eggs** per person with the hollandaise spooned on top.





Dressed salmon





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# Victoria's secrets

## 2 Prosecco

Our new wine writer continues her series on must-drink wines. Her no-nonsense guides are designed to help you build your own food and wine matching collection Words and recipe VICTORIA MOORE

**P**rosecco is such a joyful drink. While champagne is demanding, wanting attention and appreciation, this white sparkling wine is marked by its lightness of step, a gentle touch and the faint suggestion of pears as it slips down your throat. Once you might only have recognised it from trips to the bars of Venice, as it's made in the rolling hills to the north of that lagoon city. Now prosecco has become so fashionable, you don't have to travel to Italy to taste it. Its rise has been aided by the past few years' disastrous economic climate; initially it was bought simply because it was cheap fizz. And then people realized how good it was.

'We had it in our City wine bars at about the time of the collapse of Lehman Brothers, and it just took off' says Rebecca Palmer, a buyer for Corney & Barrow, 'The growth for us was phenomenal – thousands of per cent a year.'

Not just for them. Last year some supermarkets reported their Christmas prosecco sales were 60-70% up on the previous year's. So good news for prosecco. But not good news for us: it's now hard to find it at a reasonable price, though seasonal deals help.

There's another thing you need to know about prosecco. It used to be the name of both grape and wine. New changes in Italian regulations aimed at protecting quality – and also the livelihood of producers in its heartland – mean prosecco can now only be made from grapes grown in certain areas. The most famous of these is Conegliano-Valdobbiadene, which has become one of only 41 Italian wines with DOCG status. Certain other areas previously only allowed to make prosecco as a regional wine (IGT) have been raised to DOC status. Everywhere else it's no longer allowed to be called prosecco – instead it is called glera, an ugly step-sister name that's an ancient synonym of the grape. It may take a while to catch on. Meanwhile, enjoy your prosecco with antipasti, or a pear, pecorino and rocket salad. Salute.

### MATCH OF THE MONTH

#### Antipasti board

10 minutes ■ Serves 6 ■ EASY

##### courgettes 3

figs 4, quartered

prosciutto di Parma 12 slices

parmigiano reggiano 150g block

pecorino 150g block

grissini to serve

■ Cut the ends off the courgettes, and then cut them lengthways into long slices, about 3mm thick.

■ Heat a griddle pan and arrange a few courgette slices in a single layer, placing them diagonally across the ridges of the pan. Cook until they have char-marks, then turn and cook the other side. Taking out of the pan and allow to cool while you cook the next batch.

■ Arrange all the ingredients on a large board, set out two knives so people can hack off chunks of the cheeses, then let everyone help themselves.

■ PER SERVING 389 kcal, protein 26.8g, carbs 22.7g, fat 21.9g, sat fat 11.4g, fibre 1.8g, salt 4.23g



**Prosecco Ca' Rosa Extra Dry NV, 11%** (£8.99, £7.19 for a case of 12 from 8 Nov, Oddbins) A tingly, bright, verdant prosecco, this is so reminiscent of apples and pears you can almost feel it crunch. There will be more special offers on the shelves in December, but until then, this is by far the best cheap buy around.

### THREE MORE TO TRY



**La Marca Prosecco di Conegliano Valdobbiadene NV, 11%** (£7.99 down from £11.99 at Majestic, when you buy one bottle as part of a mixed half-dozen from 1-29 Nov; from 29 Nov-4 Jan it's £8.99 when you buy two). Dangerously, indeed possibly too gulp-able. This one's an easygoing, elderflower, cordial-like party prosecco.



**La Marca Cuvée Prosecco NV, 11.5%** (£9.99, down from £14.99 at Majestic, when you buy two bottles as part of a mixed half dozen from 1 Nov-31 Jan) For an extra £2, there's a big step-up in quality from the yellow to the black-label La Marca. This is more vinous, minerallic, serious and structured.



**Tesco Finest Prosecco NV, 11.5%** (£9.99, Tesco) Feather-light, barely there like a 10 denier tight, or the brush of a falling snowflake, this has a gentle taste of pear-skin, a lingering finish and is made by esteemed producer Bisol.





# THE PERFECT... Pithiviers

The *MasterChef* judge cooks up a veggie treat for Christmas

Recipe JOHN TORODE Photographs GARETH MORGANS

If friends or family are vegetarian, it's good to serve them something a bit special on Christmas day. With so much time and focus spent on getting the main joint cooked perfectly, a recipe that can be made ahead is really useful. These posh and very festive pies (pronounced *pit-eef-yay*) have a lovely spiced filling of pumpkin and Swiss chard. The Swiss chard adds texture to the pies and the pumpkin gives a rich buttery flavour. A classic pithivier has a distinctive Catherine-wheel pattern scored into the top, which gives it a really cheffy finish. These will also freeze perfectly, so make ahead, take them out of the freezer on Christmas Eve and you'll be sorted for the big day. And your veggie friends will love you.



## Pithiviers with chard, squash and ricotta

1 hour + chilling time

■ Serves 4 ■ EASY

Serve these with the bean and parsnip recipes (page 46-50).

**butternut squash** 1 large, halved  
**butter** 50g  
**shallots** 2, diced  
**red chillies** 2 small, seeded and diced  
**ground coriander** 1 tsp  
**nutmeg**  
**Swiss chard** 4 stalks, whites finely diced, greens shredded  
**ricotta** 100g  
**puff pastry** 750g  
**egg** 1

- Heat the oven to 200C/fan 180C/gas 6. Roast the squash for 30-40 minutes until the flesh is soft enough to scoop out.
- Melt half the butter in a frying pan. Add the shallots, chilli, coriander and a good grating of nutmeg. Fry for 10 minutes. Add 100ml of water and the white chard then increase the heat – as it cooks the water will evaporate. Add the green chard and stir fry until wilted. Cool, then stir in the ricotta. Mash the squash with the butter. Season. Mix with the chard.
- Roll out the puff pastry and cut out 8 discs the size of a side plate, then chill for 10 minutes. Butter 1 or 2 baking sheets. Put the four discs on the baking sheets and prick with a fork. Put a big spoonful of the mixture in the middle (pic 1). Brush the edges with milk.
- Put the tops over the filling. Press down around it, getting rid of any air pockets. (pic 2) Using the back of a knife, start at the centre and mark curved lines (pic 3) until you have a spiral pattern all the way around (pic 4). You can freeze them at this point.
- Brush with egg, then bake for 30 minutes until crisp and golden.
- PER SERVING 963 kJ, protein 15.8g, carbs 75.5g, fat 68.5g, sat fat 34.3g, fibre 5.8g, salt 2.4g

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80 olive





Pithiviers with chard, squash and ricotta



# 10

Tuck any of these dishes in the freezer and you'll always have something good to eat during the holidays

Recipes JANINE RATCLIFFE Photograph GARETH MORGANS

# freeze-ahead mains

## 1 Chicken filo pies ■ Serves 4

Heat a 200ml tub of **crème fraîche** with 6 finely chopped **spring onions**. Stir in 100g chopped **spinach** until wilted, then add 400g **cooked chicken** and season well. Cool and divide between 4 individual baking dishes. Butter 8 sheets of **filo**, then scrunch up and put 2 on top of each dish. Open freeze, then wrap in baking parchment and clingfilm. To cook, defrost completely overnight in the fridge. Cook in a 190C/fan 170C/gas 5 oven for 20-30 minutes until golden.

## 2 Winter minestrone

■ Serves 4

Heat 2 tbsp **olive oil** in a large pan. Add 2 chopped **onions**, 2 diced **carrots**, 1 diced **leek**, 2 diced sticks of **celery** and fry for 10 minutes. Add 1 tin **chopped tomatoes** and 500ml **vegetable stock**. Simmer for 15 minutes, then add 50g **orzo** and cook until tender. Freeze in 2 batches. To serve, defrost overnight in the fridge, add a little more water if you need to, then heat until piping hot. Serve with **parmesan** and **crusty bread**.

## 3 Haddock and corn chowder ■ Serves 4

Cook 2 chopped **onions** in a little **butter** until soft. Add 2 large peeled and chopped **potatoes** and 750ml **milk** and cook until tender. Add a 300g tin of drained **sweetcorn** and 300g **smoked haddock**, cut into chunks. Simmer for 3 minutes, then cool. Freeze in batches. To reheat, defrost overnight in the fridge, then heat through. Stir in a handful of chopped **parsley** to serve.

## 4 Broccoli and cauli with blue cheese sauce ■ Serves 4

Boil 1 head of **broccoli** and 1 head of **cauliflower** until just tender. Drain and put in a heatproof dish. Melt 50g **butter** in pan, then stir in 50g **plain flour**. Cook for 2-3 minutes then gradually stir in 600ml **milk** to make a white sauce. Stir in 100g **grated cheddar** and 100g crumbled **dolcelatte**. Season with **pepper** and pour it over the veg. Sprinkle over a handful of **breadcrumbs**. Cool, then cover and freeze. To cook, defrost completely overnight in the fridge, then cook at 200C/fan 180C/gas 6 for 30 minutes or until golden and bubbling.

## 5 Italian sausage roll

■ Serves 4

Split the skins of 1 pack (400-500g) **Italian pork sausages**, then put in a bowl with a handful chopped **parsley**, a pinch of **chilli flakes** and a handful of grated **parmesan**. Season and mix together. Unroll a 375g sheet **puff pastry** and roll to slightly bigger. Put the sausage mix on one side of the sheet, then fold the pastry over to enclose it and crimp the edges. Wrap and freeze. To cook, defrost in the fridge overnight. Cook in a 200C/fan 180C/gas 6 oven for 45 minutes until puffed, golden and cooked through.

## 6 Quick moussaka ■ Serves 4

Fry 400g **lamb mince** with 2 cloves sliced **garlic**, 1 tsp **cinnamon** and ½ tsp **ground cumin**. Add a tin of **chopped tomatoes** and simmer for 10 minutes. Meanwhile fry 1 sliced **aubergine** in **olive oil** until soft. Put a layer of half the lamb mix in a heatproof dish, cover with the

aubergines, then the rest of the lamb. Top with slices of **cooked potato**. Mix a small tub of **cheese sauce** with a beaten **egg** and pour over the top. Freeze. To cook, defrost completely in the fridge overnight. Cook in a 200C/fan 180C/gas 6 oven for 40 minutes or until golden and bubbling.

## 7 Three bean chilli ■ Serves 4

Cook 1 chopped **onion**, 2 cloves crushed **garlic** and 1 chopped **red pepper** in a little oil until softened. Add 1 tin **mixed beans**, 1 tbsp **mild chilli powder**, 2 tsp **cumin**, 1 tin of **chopped tomatoes** and 200ml **vegetable stock**. Simmer for 20 minutes and cool. Freeze. To reheat, defrost overnight in the fridge, then heat until bubbling. Serve with **soured cream**, grated **cheese** and **tortilla chips**.

## 8 Prawn korma ■ Serves 4

Heat **oil** in a pan then fry a sliced **onion** and a clove of **garlic** until softened. Add 2 tbsp **korma curry paste** and cook for a minute. Add 1 chunked **sweet potato** and 300ml **stock**. Simmer until potato is tender, then stir in 400g **raw prawns** until just cooked. Cool and freeze. To reheat, defrost overnight in the fridge, then heat until piping hot. Stir in 1 tbsp **yoghurt** and some **coriander leaves** before serving.

## 9 Pork fillet stroganoff

■ Serves 4

Cut a 300g **pork tenderloin** fillet into strips. Fry in a little **oil** until browned. Scoop out then add 2 handfuls of sliced **mushrooms** and fry until soft. Add 1 tsp **smoked paprika** and fry for a minute, then add 50ml **dry sherry**. Cook until almost evaporated. Return the pork to the pan and stir in 150ml **soured cream**. Cool and freeze. To reheat, defrost in the fridge, then cook until heated through.



## 10 Lamb shank tagine

■ Serves 4

Brown 4 **lamb shanks** all over in a little oil. Put in a large casserole with 2 halved and sliced **onions**, 2 crushed cloves of **garlic**, a pinch of **saffron**,  $\frac{1}{2}$  tsp **ground ginger**, 1 tsp **cumin** and a **cinnamon stick**. Add 10 halved **dates**, a 400g tin of **tinned cherry tomatoes** and enough **chicken stock** to barely cover. Cover and simmer for 2-2  $\frac{1}{2}$  hours until meat is tender. Cool, then freeze. To use, defrost completely overnight, then heat gently until piping hot. Serve with **couscous** mixed with toasted chopped **almonds**, **pistachios** and **parsley**.



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# eat in

**96** Ready in 30



15 pages of everyday recipe ideas, including great-value suppers, easy mains and top chocolate puddings

**104** Weekend roasts



**EVERY  
RECIPE  
TRIPLE  
TESTED**

**88** Seven meals for £35



**108** Holiday brunches

olive 87





# 7 meals for £35

**olive** food editor Janine Ratcliffe makes a week's worth of smart, great-value suppers

Recipes JANINE RATCLIFFE Photographs DAVID MUNN

## INGREDIENTS CHECKLIST

### SHOPPING BASKET

- ☐ onions 3
- ☐ red onion 1
- ☐ spring onions ½ bunch
- ☐ potato 1
- ☐ watercress, spinach and rocket 140g bag
- ☐ spinach 100g bag
- ☐ butternut squash 200g
- ☐ tomatoes 6
- ☐ cauliflower 1 small head
- ☐ lemon 1
- ☐ parsley ½ a small bunch
- ☐ coriander ½ small bunch
- ☐ basil ½ small bunch
- ☐ red chilli 1
- ☐ ginger a small chunk
- ☐ green chilies 2
- ☐ orzo 100g
- ☐ pearled spelt 150g
- ☐ flour tortillas 4
- ☐ cubetti di pancetta 70g
- ☐ cooked turkey 150g
- ☐ lamb neck fillet 600g
- ☐ salmon 2 skinless fillets
- ☐ shortcrust pastry 350g
- ☐ feta 50g
- ☐ mozzarella 100g
- ☐ cheddar 75g
- ☐ grana padano 70g
- ☐ eggs 2

### STORECUPBOARD

- ☐ butter
- ☐ olive oil
- ☐ garlic
- ☐ tomato purée
- ☐ chilli flakes
- ☐ cumin
- ☐ ground turmeric
- ☐ ground cumin
- ☐ ground coriander
- ☐ chilli powder
- ☐ white wine
- ☐ vegetable stock
- ☐ chicken stock
- ☐ frozen peas
- ☐ Puy lentils
- ☐ plain flour
- ☐ milk
- ☐ Dijon mustard

**£32.67**  
TOTAL FOR  
7 MEALS\*

### MONDAY

#### Detox green soup

20 minutes ■ serves 2 ■ **EASY**

Serve this with crusty bread for a heartier meal.

**spring onions** ½ bunch, chopped  
**olive oil**  
**potato** 1, peeled and diced  
**vegetable stock** 500ml  
**watercress, spinach and rocket** 140g bag



■ Cook the spring onions in ½ tbsp olive oil until softened. Add the potato and cook for 2 minutes then tip in the stock, season well and simmer until potato is tender. Add the leaves, simmer for a minute then whizz until smooth with a blender or in a liquidiser.

■ PER SERVING 93 kcals, protein 2.4g, carbs 12g, fat 4.3g, sat fat 0.5g, fibre 19g, salt 2.56g



### TUESDAY

#### Shredded turkey quesadillas

20 minutes ■ serves 2 ■ **EASY**

An easy way to use up any turkey leftovers.

**red onion** ½ small, finely chopped  
**coriander** ½ a small bunch, chopped  
**red chilli** 1, finely chopped  
**tomatoes** 2, chopped  
**cooked turkey** 150g, shredded  
**mozzarella, cheddar** or a mix of the two, 100g, grated  
**flour tortillas** 4



■ Mix all the ingredients except the tortillas and season. Lay out the four tortillas and divide the mix between them, spreading it over one half of the tortilla. Fold over and press down. Heat a griddle or frying pan then cook on both sides. Cut into wedges to serve.

■ PER SERVING 376 kcals, protein 35.4g, carbs 26.4g, fat 15.1g, sat fat 7.5g, fibre 1.8g, salt 1.89g



**WEDNESDAY**  
**Lentils with  
squash and feta**

30 minutes ■ Serves 2 ■ **EASY**

**Puy lentils** 100g  
**vegetable stock** 400ml  
**olive oil**  
**butternut squash** 200g, diced  
**red onion**  $\frac{1}{2}$  finely sliced  
**chilli flakes** a pinch  
**ground cumin** 1 tsp  
**feta** 50g, crumbled  
**parsley**  $\frac{1}{2}$  a small bunch, chopped

READY  
IN 30  
MINS

■ Cook the lentils in the stock until tender, about 15-20 minutes, then drain. Heat 1 tbsp olive oil in a non-stick frying pan. Add the squash and some seasoning then cook gently for 5 minutes. Add the onions and chilli and keep cooking until squash is golden and tender, about another 5 minutes. Add the cumin and stir through. Add the lentils then stir until combined. Stir in the parsley then divide between two plates and scatter over the crumbled feta.

■ **PER SERVING** 327 kcal, protein 18.1g, carbs 37g, fat 12.9g, sat fat 4g, fibre 6.7g, salt 2.74g



## THURSDAY

Spelt risotto with  
pancetta and peas

30 minutes ■ Serves 2 ■ EASY

*Look for pearled spelt, which has had the outer husk removed so it cooks more quickly.***onion** 1, finely chopped**butter****cubetti di pancetta** 70g**garlic** 1 clove, sliced**pearled spelt** 150g**white wine** a glass**chicken stock** 500-750ml**frozen peas** a handful**grana padano** 50g, finely grated

■ Melt a knob of butter in a shallow wide pan. Add the onion and cook until softened. Add the pancetta and cook for 3-4 minutes until it starts to crisp up. Add the garlic and cook for 2 minutes. Tip in the spelt and stir. Turn up the heat then tip in the wine, stirring until it has been absorbed, then add the stock bit by bit, as with risotto rice, until all is absorbed and the spelt tender, about 20 minutes (you might need a bit more stock or water). Add the peas when the spelt is nearly tender with the last bit of stock. To finish, stir in another knob of butter and the cheese then taste and season, if needed.

■ PER SERVING 634 kcals, protein 28.1g, carbs 59.1g, fat 29.7g, sat fat 15.1g, fibre 6.6g, salt 4.42g



## FRIDAY

## Salmon with lemon orzo

30 minutes ■ serves 2 ■ EASY

**orzo** 100g**salmon** 2 skinless fillets**plain flour** 1 tbsp, seasoned well**butter****olive oil****lemon** ½, zest and juice**basil** ½ a small bunch, shredded

■ Cook the orzo following pack instructions. Dust the salmon with seasoned flour then fry in a little butter and olive oil until golden, about 4 minutes. Turn and cook on the other side for another 2 minutes.

■ Drain the orzo then toss with a large knob of butter, the zest, juice and the basil. Season.

■ PER SERVING 562 kcals, protein 34.9g, carbs 39.2g, fat 30.5g, sat fat 10.3g, fibre 0.3g, salt 1.02g



SATURDAY

**Cauliflower cheese tart**

1 hour ■ Serves 4 ■ EASY

*Grana padano is a similar style cheese to parmesan, but as it can be sold younger, it's often a lot cheaper and still gives the results needed.*

**shortcrust pastry** 350g

**cauliflower** 1 small head, broken into florets

**plain flour** 2 tbsp

**butter** 25g

**milk** 250ml

**cheddar** 75g

**Dijon mustard** 1 tsp

**eggs** 2

**grana padano** 20g, grated

■ Heat the oven to 190C/fan 170C/gas 5. Roll out the pastry to 20p thickness then line a 23cm tart tin. Line with baking parchment and fill with baking beans then cook for 15 minutes. Take out the paper and beans and cook for another 5 minutes. Cook the cauliflower in boiling salted water until tender, about 5-6 minutes. Drain well.

■ Put the flour, butter and milk in a pan. Heat, whisking all the time until it comes to

a simmer and begins to thicken. Cook for 3 minutes then add the cheese and stir until melted. Cool a little then stir in the mustard and eggs. Add the cauliflower and stir well, then season. Spoon the mix into the tart case, scatter over the grana padano then return to the oven for 20 minutes, or until golden brown. Serve warm.

■ **PER SERVING** 671kcal, protein 22.2g, carbs 51.7g, fat 43.2g, sat fat 19.2g, fibre 4.1g, salt 1.7g





## SUNDAY

### Lamb and spinach curry


1½ hours ■ Serves 4 ■ EASY


**ginger** a small chunk, peeled and chopped  
**garlic** 2 cloves, chopped  
**onions** 2, roughly chopped  
**green chillies** 2, sliced  
**ground turmeric** 1 tsp  
**ground cumin** 1 tbsp  
**ground coriander** 1 tbsp  
**chilli powder** 1 tsp  
**lamb neck fillet** 600g  
**tomatoes** 4, chopped  
**tomato purée** 1 tbsp  
**spinach** 100g bag, chopped


■ Put the ginger, garlic and onions in a food processor and whizz to a paste. Heat 1 tbsp oil in a pan then add the paste, green chilli and ½ tsp salt and cook for 3-4 minutes until fragrant. Add all the spices and cook for a couple of minutes. Add the lamb and keep cooking and stirring until browned. Stir in the tomatoes, tomato purée and a cup of water then bring to a simmer. Cover and cook for 1 hour. Add the spinach then cook for another 15 minutes. Serve with rice or Indian breads.

■ PER SERVING 448 kcal, protein 31.2g, carbs 11.7g, fat 31.1g, sat fat 13.8g, fibre 2.4g, salt 1.03g

## BRILLIANT WINE MATCHES

 For the risotto and salmon, pick an easy Italian white: **Quadro Sei Gavi 2009, 11.5%**, (£6.99, Marks and Spencer) is citrusy with an accompanying herbal lift.

 Chill bottles of **Quilmes lager, 4.9%**, Argentina's favourite, (£3.29/970ml, Tesco) for the quesadillas and the lamb bhuna.

 The lentils will flourish with an earthy red from the south of France – try award winner **La Difference Carignan 2009, 13.5%** (£5.99, Tesco). It also adds spice to the cauliflower tart.



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# The cherry on top

Versatile Provençal glacé cherries are a storecupboard essential, perfect to use in all the latest baking recipes

Juicy, firm and perfectly round, the texture and flavour of glacé cherries from Provence work wonderfully in everything from sweet breads to scones and cupcakes, making them indispensable to every baker.

Made from the Napoleon Bigarreau cherry variety from the South of France, glacé cherries are grown and harvested in the sun-drenched region of Provence, and continue to be made by the same method dating back to the 14th century – when they were a favourite of the Popes at nearby Avignon.

Within hours of being picked, the cherries are de-stalked and stoned, then

blanched and steeped in syrup for 10 days, before being drained. The Provençal cherry logo on the packaging is a guarantee of their origin and quality.

Having been around for so long, it's little surprise glacé cherries are one of the most commonly used ingredients in baking, a key part of many recipes thanks to their sweet, soft texture and distinctive colour. Ideal for making and decorating muffins, shortbread, cakes and biscuits – try them in the tasty recipes here to see for yourself.

Glacé cherries can be found in stores nationwide all year round, and are now available with a natural colouring.

## Red velvet whoopie pies

30 minutes ■ Makes 7 ■ EASY

**golden caster sugar** 100g  
**butter** 100g, softened, plus 25g melted for the filling and buttering  
**eggs** 2, lightly beaten  
**soured cream** 2 tbsp  
**self-raising flour** 225g  
**baking powder**  $\frac{3}{4}$  tsp  
**desiccated coconut** 4 tbsp  
**red food colouring**  
**glacé cherries** 75g, chopped  
**FOR THE FILLING**  
**icing sugar** 350g, sifted  
**full-fat soft cheese** 100g  
**lemon juice** to taste

■ Heat oven to 170C/150C fan/gas 3 and butter 3-4 baking sheets. For the filling, mix the icing sugar and soft cheese until smooth, then add lemon juice to taste. Add the melted butter and beat. Transfer to a bowl and cool in the fridge until set.  
 ■ Meanwhile, beat the golden caster sugar

and butter, adding the eggs gradually. Once mixed, add the soured cream. In a separate bowl, stir the flour, baking powder, coconut and  $\frac{1}{2}$  tsp salt, then add to the butter mixture. Fold together well to form a smooth, thick mixture. Add some colouring. Stir in the cherries then drop large spoonfuls of the mixture onto the baking sheets to make 14 cakes. Using the back of a spoon, spread each into 7cm circles. Bake for 12-15 minutes or until firm to the touch. Remove from the oven, allow to cool, then move to a wire rack.  
 ■ To assemble the pies, spread the flat side of a cake with a generous amount of filling. Place another cake, flat-side down, on top and press together lightly. Leave to set before serving.

## BAKING GEMS

**Enjoy glacé cherries from Provence as the perfect baking ingredient**

- They're great in home-made sweet treats and snacks – making them perfect for lunchboxes or after-school bites.
- Their red colour is a great way of brightening up any recipe, and kids love baking with them because of their jewel-like shape.
- Glacé cherries are so versatile, try adding them to any recipe.



Provence-Alpes-Côte d'Azur



FOR MORE RECIPE IDEAS, EMAIL [GLACECHERRIES@SOPEXA.COM](mailto:GLACECHERRIES@SOPEXA.COM)





### Cherry and coconut Madeleines

35 minutes ■ Makes 12 ■ **EASY**

**butter** 225g, softened, plus extra for the moulds

**self-raising flour** 225g, plus extra for dusting

**golden caster sugar** 225g

**eggs** 4, lightly beaten

**glacé cherries** 50g, finely chopped, plus 12 extra to decorate

**orange flower water** 2 tsp

**raspberry jam** 3-4 tbsp, warmed

**desiccated coconut** 100g

■ Heat oven to 160C/140C fan/gas 3. Butter 12 dariole moulds, line the bases with baking parchment and dust lightly with flour.

■ Beat the butter and sugar until light and fluffy. Add the eggs, one at a time, until fully mixed, then fold in the flour, chopped cherries and orange flower water.

■ Fill the moulds to about  $\frac{2}{3}$  full and stand upright on a baking tray. Bake for 15 minutes until risen and firm to the touch. Remove from the oven, tap the tins firmly on the work surface, then gently turn onto a wire rack and allow to cool.

■ When cold, brush with a little warmed jam and roll gently in the coconut. Top with half a glacé cherry before serving.



# Ready in 30

Fast, healthy, after-work recipes, all low fat or less than 500 calories

Recipes JENNIFER JOYCE Photographs DAVID MUNNS

## Cinnamon lamb steaks with rice and kale

30 minutes ■ Serves 4 ■ EASY

**lamb leg steaks** 4 x 125g, trimmed of all fat  
**lemon** 1, zested and juiced  
**cinnamon** 1/2 tsp  
**olive oil**  
**onion** 1, chopped  
**garlic** 4 cloves, sliced  
**curly kale** 100g, chopped  
**basmati rice** 200g  
**chicken stock** 600ml  
**red chilli** 2, seeded and sliced

■ Rub the lamb with the lemon zest, cinnamon and 1 tsp of oil. Season well.

■ Heat another tsp of oil in a non-stick saucepan and add the onion, 1 garlic clove and seasoning. Cook for 5 minutes, then add the kale, rice and stock. Put a lid on and cook on low heat for 8-10 minutes or until the rice is cooked.

■ Heat a griddle pan until very hot. Cook the lamb for 3-4 minutes on each side until chargrilled. Heat 1 tbsp of oil and fry the chilli and remaining garlic until golden. Add the lemon juice and reduce until syrupy. Serve the lamb with the rice and lemon chilli sauce poured over.

■ PER SERVING 444 kcal, protein 30.9g, carbs 44.6g, fat 17g, sat fat 5.7g, fibre 2.2g, salt 1.4g





## Steak with skinny sweet potato fries

30 minutes ■ Serves 2 ■ **EASY**

**sweet potatoes** 2, scrubbed

**olive oil**

**shallots** 2 small, chopped

**white wine vinegar** 2 tsp

**hazelnuts** 2 tsp, toasted and chopped

**tarragon** chopped to make 2 tbsp

**flat-leaf parsley** chopped to make 3 tbsp

**lean fillet steaks** 2

■ Heat the oven to 200C/fan 180C/gas 6. Cut the sweet potatoes into thin chips and put on a large non-stick baking tray. Drizzle with a tiny bit of olive oil and some seasoning and toss to coat- spread them out so they crisp properly. Cook in the oven for 20 minutes, or until golden at the edges.

■ Meanwhile, put the shallots and vinegar in a bowl and leave for 5 minutes. Add the nuts, tarragon, half the parsley, some salt and 1½ tbsp olive oil.

■ Oil and season the steaks and griddle or pan-fry for 3 minutes each side for medium rare. Rest for 5 minutes in foil. When the chips are done, sprinkle with parsley and serve with the steaks, sauce and a crisp green salad, if you like.

■ **PER SERVING** 492 kcal, protein 35.3g, carbs 437g, fat 20.7g, sat fat 5.4g, fibre 5.6g, salt 0.38g







## Chicken filo parcels with carrot salad

30 minutes ■ Serves 4 ■ EASY

**skinless chicken breasts** 3, cooked and chopped

**Baharat spice blend** (look for Bart brand, or use a mix of paprika, ground coriander and ground black pepper) ½ tbsp

**ginger** peeled and grated to make 1 tbsp

**spring onions** 6, finely chopped

**coriander** 15g, chopped

**lemon** 1, juiced

**filo pastry** 2 large sheets

**olive oil**

**sesame seeds**

**carrots** 2, cut into matchsticks

**watercress** 2 large handfuls

**natural yoghurt** 150g, to serve

■ Heat the oven to 200C/fan 180C/gas 6. Mix the chicken with the spices, ginger, spring onions and coriander. Add a splash of lemon juice and some seasoning and mix.

■ Brush the pastry with 2 tbsp olive oil and cut in half lengthways. Divide the chicken mix between the 4 pieces, putting the mixture at the bottom of each and folding the bottom edge up to meet one side to start the shape of the triangle. Keep folding upwards from one side to the other until you reach the top. Brush with a little more oil and sprinkle over sesame seeds. Bake for 15 minutes until brown and crisp.

■ Mix the carrots with the watercress, remaining lemon juice, sesame seeds and a bit of olive oil and seasoning. Serve the filo parcels with yoghurt and the carrot salad.

■ PER SERVING 287 kcal, protein 31.9g, carbs 15g, fat 11.5g, sat fat 2.3g, fibre 2.3g, salt 0.35g



**drinkaware.co.uk**  
for the facts

Think **Red**  Think Côtes du Rhône **Wines**





## Chargrilled polenta with balsamic mushrooms

30 minutes ■ Serves 2 ■ **EASY**

olive oil

chestnut mushrooms 250g,  
trimmed and sliced

garlic 2 cloves, chopped

balsamic vinegar 2 tbsp

brown sugar 1 tbsp

ready-made polenta 500g pack

rocket to serve

parmesan 30g of shavings, to serve



■ Heat 2 tbsp oil in a large frying pan. Add the mushrooms and garlic along with a pinch of salt. Cook on a high heat for 5 minutes until they are browned. Mix the vinegar with the sugar and pour over the mushrooms. Stir until the mixture becomes syrupy, for about 1-2 minutes.

■ Heat a chargrill pan or grill to hot. Cut the polenta into wedges and brush with a tiny bit of oil. Grill on both sides, then serve with the warm mushrooms, a handful of rocket and a few parmesan shavings.

■ PER SERVING 389 kcal, protein 12g, carbs 50.4g, fat 16.8g, sat fat 4.6g, fibre 7g, salt 1.58g





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## Vietnamese prawn, rice and dill soup

20 minutes ■ Serves 2 ■ **EASY**

**basmati rice** 75g

**chicken stock** 750ml

**fish sauce** 2 tbsp

**ginger** 1 thumb-sized piece,  
peeled and shredded

**lime** 1, juiced

**plum tomatoes** 3, seeded and diced

**raw peeled prawns** 150g

**dill** 15g, chopped

**coriander** a few sprigs, to serve (optional)

■ Cook the rice until al dente, drain and set aside.

■ Boil the stock and add the fish sauce, ginger, rice, lime juice, tomatoes, prawns and dill. Simmer for a few minutes until the prawns are cooked. Serve in two bowls with the coriander sprinkled over (if using).

■ *PER SERVING* 248 kcal, protein 20g, carbs 37.5g, fat 3g, sat fat 0.1g, fibre 2.2g, salt 6.22g





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# 31 recipes for December

Really useful, seasonal ideas for the festive period Compiled by KATE CALDER

## 4 WEEKEND ROASTS

### Rib of beef with red wine gravy ■ Serves 6

■ Heat the oven to 220C/fan 200C/gas 7. Season a 2-rib, French-trimmed forerib of **beef** thoroughly. Heat a little oil in a roasting tin on the hob then sear the beef all over. Add 8 halved **shallots** and a few sprigs of **thyme** to the roasting tin, then roast for 30 minutes.

■ Turn down the oven to 160C/fan 140C/gas 3 and cook the beef for 15 minutes per 450g for medium-rare. Take out of the tin and rest for at least 40 minutes under foil.

■ Put the roasting tin on the hob, sprinkle in 1 tbsp **flour** and stir well. Add 350ml **red wine**, 300ml **beef stock** and 2 tsp **redcurrant jelly** and reduce by half. Strain into a jug and serve with the beef.

### Roast chicken with pancetta stuffing ■ Serves 8

■ Heat the oven to 200C/fan 180C/gas 6. Whizz 125g **breadcrumbs**, 1 **onion** and 2 cloves of **garlic** in a food processor. Stir in 125g of diced **pancetta** and season. ■ Stuff the neck end of 2 medium **chickens** with the breadcrumb stuffing, smooth the skin back over and secure with a cocktail stick. Put both chickens in a large roasting tin and smear them with **butter**. Season, then put in the oven for 1½ hours, or until cooked through.

■ Transfer the chickens to a board and cover with foil. Sit the roasting tin over a medium heat on the hob and stir in 2 tbsp **plain flour** and cook for 1 minute. Stir in 1 glass of **white wine** and 300ml **chicken stock**. Bring to a simmer and bubble for 5 minutes then serve with the roast chickens.



### Baked ham with spiced marmalade glaze ■ Serves 10

■ Heat the oven to 160C/fan 140C/gas 3. Put 2 thickly sliced **oranges**, 5 **cloves**, 1 tbsp **peppercorns** and 2 thickly sliced **onions** in the bottom of a large roasting tin. Pour in water to come up to about 4cm. Sit a 5kg **unsmoked ham**, on the bone, on a trivet in the tin, then cover with a double layer of foil. Bake for 4 hours. Remove and turn the oven up to 220C/fan 180C/gas 7.

■ Put ½ a jar of **marmalade**, 2 **star anise**, 4 tbsp of **dark muscovado sugar**, 2 tbsp **Dijon mustard** and 2 tsp ground **allspice** in a pan and bring to a simmer - add a splash of water if too thick.

■ Remove the skin from the ham, leaving a layer of fat. Score the fat and stud all over with **cloves**. Brush the ham with the marmalade glaze then put back in the oven for 20 minutes or until golden.



### Fennel rubbed pork belly ■ Serves 6

■ Heat the oven to 220C/fan 200C/gas 7. Score the skin of a 2½ kg piece of **pork belly**. Put in the sink skin-side up and pour over a kettleful of boiling water. Lift out. Mix 4 crushed cloves of **garlic**, the finely chopped leaves from 2 sprigs of **rosemary** and 1 tbsp of **fennel seeds** with a little **olive oil** and **salt** and rub all over the pork skin.

■ Lay 2 thickly sliced **onions** in a roasting tin and pour in 500ml **white wine**. Put the pork on top and roast for 30 minutes. Turn down the oven to 160C/fan 140C/gas 3 and continue cooking for 3 hours. Lift the pork off the **onion** and let it rest under foil and a tea towel. Pour off most of the fat from the pan, then stir in 2 tbsp **flour** and cook it for a couple of minutes

**on the hob**. Add 500ml **chicken stock** and bubble everything together to make a gravy, strain into a jug and serve with the pork.



## 4 VEGGIE FEASTS

### Roast veg cassoulet ■ Serves 6

■ Heat the oven to 200C/fan 180C/gas 6. Heat 3 tbsp of **olive oil** in a large pan and fry 2 chopped **onions** and 2 chopped **celery sticks** until soft. Add 4 chopped cloves of **garlic** and cook for another minute. Stir in a 400g tin of **chopped tomatoes**, 1 tsp of light **muscovado sugar** and 1 tbsp of chopped **tarragon**. Season.

■ Stir 600ml of **vegetable stock** into the tomato mixture and simmer for 30 minutes. Toss 1 peeled and chopped **butternut squash**, 3 chopped **carrots** and 1 **celeriac** chopped into chunks in 5 tbsp of **olive oil**. Season and roast for 30 minutes.

■ Remove veg and reduce heat to 180C/fan 160C/gas 4. Stir a 400g tin of **haricot beans**, the roasted veg, 1 tbsp **mustard** and a handful of chopped **parsley** into the tomato mix. Tip into a large baking dish. Mix 85g **breadcrumbs** with a handful of chopped **parsley** and **tarragon**, then scatter over the baking dish and drizzle with 2 tbsp **olive oil**. Bake for 50 minutes.

### Whole baked squash with spiced couscous

■ Serves 2

■ Heat the oven to 200C/fan 180C/gas 6. Roast 2 **acorn squash** (with the tops cut off and the seeds scooped out) for 30-40 minutes, or until tender. Meanwhile soak 1 teacup of **couscous** in 1 teacup of boiling water with a few **saffron threads** until the liquid has been absorbed. Mix the couscous with 4 tbsp **pistachios**, 3 tbsp chopped **parsley**, 1 tsp **harissa**, 1 tsp **ras-el-hanout** and 2 tbsp of **dried cranberries**, stuff the squash and bake for a further 10 minutes. Serve with extra melted **butter** and **pomegranate molasses** spooned over.



### Artichoke and wild mushroom pie ■ Serves 6

■ Heat the oven to 200C/fan 180C/gas 6. Heat 1 tbsp **olive oil** in a pan and fry 2 sliced **onions** until softened and lightly browned. Tip the onions into a bowl and mix with 300g of halved, grilled **artichoke hearts**. Heat another tbsp of olive oil in the pan. Add 300g mixed **mushrooms**, then stir-fry until soft, add a crushed clove of **garlic** and 1 tbsp **thyme leaves** and continue to cook for a minute. Season.

■ Roll out a 500g block of ready-made **shortcrust pastry** into a rough circle, about 40cm in diameter and drape over a large baking sheet. Pile the onions and artichokes into the middle of the pastry and spread them out evenly, leaving a 10cm border around the edge, then pile the mushrooms on top. ■ Bring the edges of the pastry up over the filling around the edge. Brush the exposed pastry edge with beaten **egg**. Bake for 25 minutes until the pastry is crisp and golden brown. Sprinkle with a handful of chopped **parsley** and serve with **sour cream**.

### Spiced vegetable pilaf ■ Serves 4

■ Heat the oven to 200C/fan 180C/gas 6. Cook 6 **carrots** cut lengthways into wedges in boiling water for 4 minutes, then add 3 **red onions**, cut into wedges, for the last minute. Drain then toss with 1 tsp **oil**, 2 tsp **cumin seeds** and seasoning in a roasting tin. Cook for 30 minutes.

■ Heat 2 tsp oil in a large pan, then add 4 **cardamom pods** and a **cinnamon stick**. Cook for 30 seconds and add 200g **brown basmati rice**, then cook for another minute. Pour over 400ml **vegetable stock** and 100ml water, cover then simmer for 30 minutes, until the rice is tender. Remove the cardamom and cinnamon.

■ Stir in a 400g tin of **brown lentils**. Top with 200g **baby spinach**, cover and cook until the spinach has wilted and the lentils are heated. Add the roasted veg and sprinkle with **toasted flaked almonds** to serve.

## 3 FESTIVE COCKTAILS

### Bitter orange and cardamom martinis

■ Serves 6

■ Bash 6 **cardamom pods**. Melt 6 tbsp of **marmalade** in a pan, then whisk in 400ml **vodka**. Add the pods and stir. Take off the heat and infuse for 20 minutes.

■ Add 125ml **Cointreau** and 4 tbsp **lemon juice** then chill. Serve in martini glasses with more marmalade in the bottom, ice and a cardamom pod floating on top.



### Champagne passion ■ Serves 6

■ Juice 6 **passion fruit**. Place a **sugar cube** in the bottom of 6 Champagne glasses, pour 1 tbsp **brandy** over each and add some passion fruit juice. Allow the sugar cube to absorb the brandy and fruit juice, then top up with **Champagne**.

### White Russians ■ Serves 6

■ Fill 6 tumblers with **ice**. Put 2 tbsp **vodka** and 2 tbsp **Kahlúa** in each glass. Drizzle 1 tbsp **single cream** over each and serve immediately.

For more cocktail recipes, see page 21.







### 3 LIGHT SUPPERS

#### Asian hot and sour turkey soup ■ Serves 2

■ Put 1 shredded **red chilli** and 2 quartered **shallots** in a pan with 500ml **chicken stock**, bring to a simmer and cook for 3 minutes. Add 2 tbsp **rice vinegar** and 1 tbsp **soy sauce**.

■ Add half a bunch of sliced **spring onions** and cook for a minute, then add 8 slices of cooked **turkey** and cook for another minute. Stir in a handful of chopped **coriander** and spoon over 100g cooked **rice vermicelli noodles** to serve.

#### Pasta with rocket and lemon butter prawns ■ Serves 4

■ Serves 4

■ Melt 100g **butter**, then add the zest of 3 **lemons** and leave to infuse for 15 minutes. Add a little of the **butter** to a pan, then fry 200g large raw **prawns** for 2-3 minutes, until cooked.

■ Meanwhile, cook 350g **fettuccine pasta** following pack instructions. Drain, return to the pan, then add the lemony butter, prawns and 100g **rocket**. Toss together, season and serve.

#### Wild rice, cranberry and feta salad ■ Serves 4

■ Rinse 250g **basmati** and **wild rice**, then cook following pack instructions, adding a 400g tin of **chickpeas** for the final 4 minutes. Stir in 100g **dried cranberries** and 1 sliced **red onion**.

■ Whisk together 1 crushed clove of **garlic**, 3 tbsp **olive oil**, 2 tbsp **lemon juice** and seasoning. Toss with the rice mixture, then pile onto a large serving plate. Crumble over 200g **feta**, then scatter with a handful of chopped **parsley**.



## 5 SEASONAL SIDES

#### Parmesan and rosemary swede ■ Serves 4

■ Heat oven to 220C/fan 200C/gas 7. Peel and chop 1 large **swede** into chips. Toss with 1 tbsp **olive oil**, 40g of grated **parmesan** and 1 tbsp of chopped **rosemary** leaves. Season, then arrange in one layer in a shallow roasting tin.

■ Sprinkle over another tbsp of grated **parmesan**, dot with **butter**, then add 2 bruised cloves of **garlic**. Roast for 35 minutes, turning halfway through cooking, until crisp and golden.



#### Slow-cooked, spiced red cabbage ■ Serves 6

■ Heat the oven to 150C/fan 130C/gas 2. Put 1 shredded **red cabbage**, 1 peeled and grated **Bramley apple**, 1 sliced **red onion**, 2 tbsp **balsamic vinegar**, a glass of **port**, 3 tbsp **dark muscovado sugar**, 2 tsp **Chinese five-spice**, 1 **cinnamon stick** and 100g of cubed **butter** in an ovenproof casserole with a lid. Put over the heat, stir well then cook for 5 minutes until the **butter** has melted and everything is mixed. Cover, transfer to the oven and cook for 2 hours.

#### Buttered sprouts with chestnuts and bacon ■ Serves 8

■ Serves 8

■ Bring a large pan of salted water to the boil, then tip in 1kg **Brussels sprouts** and cook for 5 minutes. Drain and then run under tap water until cold.

■ Heat a large frying pan, add 6 chopped rashers of **smoked streaky bacon** and fry until crisp and golden.

Tip out of the pan, leaving the fat behind, then add 200g vacuum-packed **chestnuts** and fry until tinged. Tip out of the pan.

■ Add the sprouts to the pan with a splash of water, then cover and finish cooking, until just tender. Uncover, turn up the heat, then add a knob of **butter** and fry the sprouts for 2

minutes more. Tip in the bacon and chestnuts, season, then serve with another knob of butter on top.

#### Crisp honey mustard parsnips ■ Serves 8

■ Boil 1kg of **parsnips**, peeled and cut into thumb-width batons, for 5 minutes, then drain well and let them steam-dry for a few minutes. Mix 2 tsp of **English mustard powder** with 2 tbsp **plain flour** and plenty of seasoning. Toss the parsnips in the mix.

■ Heat the oven to 220C/200C fan/gas 7. Put 4 tbsp **rapeseed oil** into a large baking tray, then heat in the oven for 5 minutes. Carefully scoop the **parsnips** into the fat, turn them a few times, then roast for 30 minutes or until golden and crisp. Drizzle 3 tsp **clear honey** over the hot parsnips, then scatter with **sea salt** and serve.

#### Caramelised shallot mash ■ Serves 8

■ Serves 8

■ Melt a knob of **butter** in a pan and add 6 thinly sliced **shallots** and 2 sprigs of **thyme**. Cook over a low heat until soft and golden. Add ½ tsp **golden caster sugar** and cook for 5 minutes more until light brown.

■ Meanwhile, boil 2kg of peeled and quartered **Maris Piper potatoes** for 15 minutes or until soft, then drain. Gently heat 200ml **milk** and 25g **butter** in a small pan. Mash until smooth, then stir in the warm buttery milk and season well. Tip most of the shallots into the mash, discarding the thyme stalks and mix in. Top with the leftover shallots and serve.

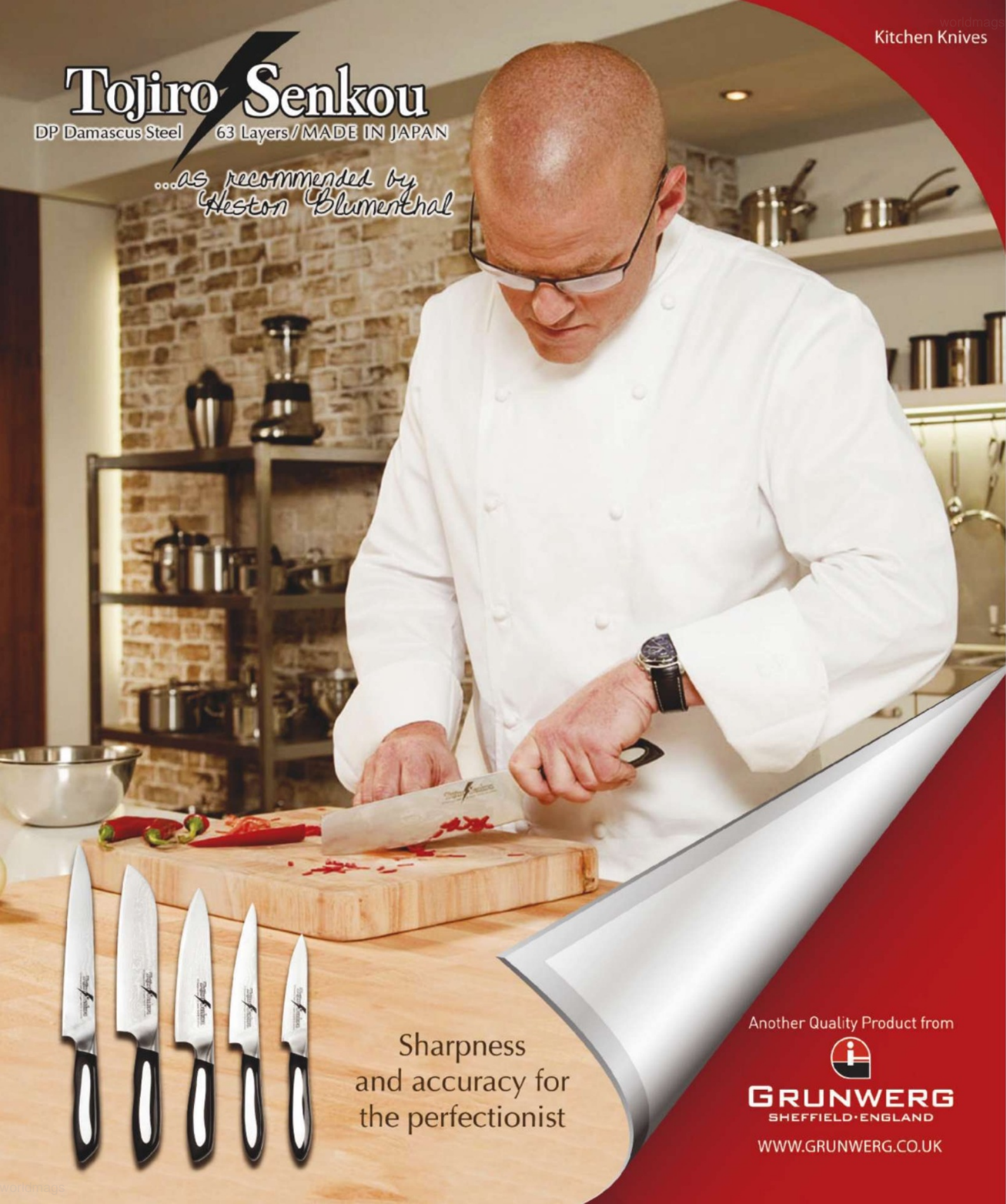




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## 5 HOLIDAY BRUNCHES

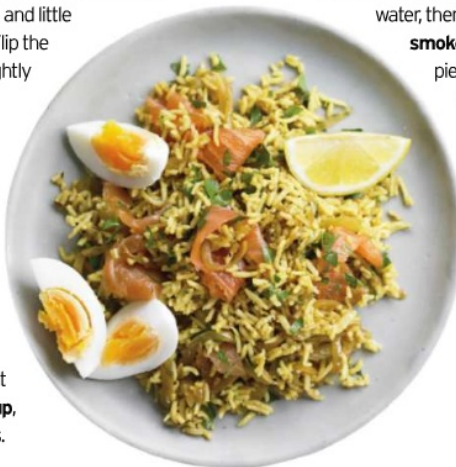


### Buttermilk pancakes with sticky banana and Brazil nuts ■ Serves 6

■ Put 175g **plain flour**,  $\frac{1}{2}$  tsp **salt**,  $\frac{1}{2}$  tsp **baking powder**,  $\frac{1}{2}$  tsp **bicarbonate of soda**, 1 tbsp **golden caster sugar** and seeds scraped from 1 **vanilla pod** in a food processor and blend. Add 2 **egg yolks**, 25g melted **butter**, 200ml **buttermilk** and 100ml **milk**, then blend to a smooth batter. Whisk 2 **egg whites** in a bowl to soft peaks, then fold into the batter.

■ Heat a little oil in a pan. Ladle in the batter to make pancakes about 10cm in diameter. Cook for about 1 minute until the tops are set and little holes appear in the surface. Flip the pancakes over then brown lightly on the other side.

■ Toss 140g **golden caster sugar** with 100g of roughly chopped **Brazil nuts** and 2 thickly sliced **bananas**. Tip into a pan, heat through to melt the sugar, then toss as everything begins to caramelise. When the nuts and bananas are golden, remove from the heat and stir in 200ml **maple syrup**, then serve with the pancakes.



### Smoked salmon kedgeree ■ Serves 2

■ Heat a large knob of **butter** in a pan. Cook a sliced **onion** with a pinch of **salt** until golden and caramelised. Stir in 1 tsp **curry powder** and cook for 1 minute. Add 150g **basmati rice** and stir to coat. Add 300ml **vegetable stock**, bring to a gentle simmer, then put on a lid and cook for about 10-12 minutes until all the liquid has been absorbed and the rice is tender.

■ Meanwhile, drop 3 **eggs** into boiling water for 8 minutes, rinse under cold running water, then shell. Stir 70g of **smoked salmon** torn into pieces, a small bunch of chopped **parsley** and 2 tbsp **lemon juice** through the rice and divide between 2 dishes. Quarter the eggs and serve on top of the rice with **lemon wedges**.

### Lemon French toast with poached plums ■ Serves 4

■ Mix 2 **eggs**, 100ml **milk**, the zest of 1 **lemon** and 1 tbsp **golden caster sugar** in a shallow dish. Soak 4 halved slices of **brioche** in the liquid.

■ Put 2 tbsp golden caster sugar and 25g **butter** in a frying pan, heat until the sugar has melted. Add 450g of halved and stoned **plums**, then fry until they are softened. Add 1 tbsp **lemon juice**, then simmer to make a light syrup.

■ Heat 25g butter in another pan, then add the slices of brioche and fry on each side until golden brown. Put two slices on each plate, sprinkle over a little sugar, then spoon over the plums and juices.

### Eggs Benedict ■ Serves 4

■ To make the Hollandaise sauce, put 2 tsp **lemon juice** and 2 tsp **white wine vinegar** in a small bowl, add 3 **egg yolks** and whisk with a balloon whisk until light and frothy. Place the bowl over a pan of simmering water and whisk until mixture thickens. Gradually add 125g of diced **unsalted butter**, whisking constantly until thick. Season and set aside in a warm place.

■ Bring a large pan of water to a gentle simmer and add 2 tbsp white wine vinegar. Stir the water so you have a slight whirlpool, then slide in 4 **eggs** one by one. Cook each for about 4 minutes, then remove with a slotted spoon.

■ Lightly toast and butter 4 halved **English muffins**. Top each with a slice of **ham**, an egg, and spoon over some Hollandaise.

### Garlic bacon butties ■ Serves 6

■ Heat a frying pan, then cook 6 rashers of **rindless back bacon** until golden and crisp.

■ Cut 6 thick slices from a loaf of **white bread** and butter each one on one side. Spread 3 tbsp **tomato chutney** evenly over 3 slices of the bread and top each with 2 rashers of bacon. Top with the other slices of bread, buttered side down, then press together well.

■ Return the butties to the pan and toast each side until golden. Remove and then rub both sides with the cut side of a **garlic** clove. Cut the butties in half and serve.







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essence of the sea quite  
like succulent, fresh,  
pink prawns.



**Salt & pepper**  
Seasoned to taste, a dash  
here, a grind there.

**Flat leaf parsley**  
The taste of a  
stroll in a summer  
meadow.



**Vermouth**  
Adds the special  
finishing touch to  
this sumptuous  
dish.



**Parmesan**  
Crumbly fudge-like texture  
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**Potatoes**  
Mashed until  
fluffy like the top  
of waves.





## 3 CHOCOLATE PUDS

### Chocolate truffle torte ■ Serves 12

■ Melt 250g **dark chocolate** with 2 tbsp **golden syrup** and 200ml **double cream** in a bowl over a pan of simmering water. Allow to cool.

■ Butter a 23cm spring-form cake tin and line the base and sides with baking parchment.

■ Pour 400ml **double cream** into a large bowl and add 4 tsp of instant **coffee granules** and 1 tsp **cinnamon**. Whip until when you dribble some cream from the whisk – the trail it leaves disappears in 1-2 seconds. Pour the cooled **chocolate mix** into the cream and using a large metal spoon fold together. Pour the chocolatey cream into the tin and chill for at least 2 hours.

■ Remove the torte from the tin and peel away the parchment around the sides. Invert a serving plate over the torte and turn upside down on to it. Lift off the tin base and peel away the parchment. Dust with **cocoa** and serve.

### Kahlua chocolate cheesecake ■ Serves 12

■ Lightly oil the base of a 23cm spring-form tin. Melt 50g **butter** in a pan, stir in 225g crushed **plain chocolate digestive biscuits**. Press into the base of the tin and chill.

■ Melt 225g **dark chocolate** in a bowl over a pan of simmering water. Heat the oven to 160C/fan 140C/gas 3. Beat 2 x 200g packs of **soft cheese** and 100g **golden caster sugar** together until fluffy. Add 4 **eggs**, one at a time. Beat in the chocolate, 300ml **double cream** and 5 tbsp **Kahlúa**. Pour on to the biscuit base and bake on a baking sheet for 1 hour, or until set. Loosen the cheesecake from the tin and leave to cool. Chill for 3 hours or overnight.

■ Remove from the tin. Mix 200ml **crème fraîche** with 2 tbsp **Kahlúa**, spread over the top and serve.

### Chocolate fondants with toffee centres

■ Serves 6

■ **Butter** 6 small (150ml) pudding basins and dust with **cocoa powder**. Melt 150g of **unsalted butter** and 150g **dark chocolate** in a bowl over a pan of simmering water.

■ Heat the oven to 180C/fan 160C/gas 4. Whisk 3 **eggs**, 3 **egg yolks** and 150g **light soft brown sugar** until pale and thick. Fold in the **chocolate mixture**, sift in 120g **plain flour** and 2 tbsp **cocoa** and fold in. Fill each mould three-quarters full.

■ Press two chewy **toffees** together to make one large **toffee** and submerge a large toffee in each **pudding**. Cook on a baking sheet for 10 minutes. Leave to rest for half a minute before running a knife around the edges and turning out. Dust with **cocoa** and serve.



## 4 STORE CUPBOARD SUPPERS

### Roast lemon chicken with tagliatelle

■ Serves 4

■ Heat the oven to 200C/fan 180C/gas 6. Put 2 thickly sliced **lemons** and 3 bruised cloves of **garlic** in the bottom of a baking dish. Pour over 1 glass of **white wine**. Sit 4 **chicken legs** on top and drizzle with **olive oil** and sprinkle with **sea salt**. Roast for 50 minutes, or until the chicken is cooked through.

■ Cook 300g **tagliatelle** pasta following pack instructions. Pull the chicken off the bone, discard the skin and slice. Push the juices from the baking dish through a large sieve into a bowl. Tip the juices into the tagliatelle, along with a handful of shredded **basil** and the chicken, then toss and serve.

### Chipolata and spring onion frittata

■ Serves 4

■ Heat 1 tbsp **oil** in a pan. Add a 340g pack of **chipolatas** and cook for 8 minutes, until browned. Meanwhile, beat 6 **eggs**. Stir in 2 slices of **bread** torn into small pieces, a bunch of thinly sliced **spring onions** and 2 chopped cloves of **garlic** then season.

■ Pour the egg mixture into the hot pan, then cook on the lowest heat for 6-7 minutes, until the egg is almost completely set. Place the pan under a hot grill for 2-3 minutes until golden brown and cooked through.

### Cannellini bean and tuna salad

■ Serves 4

■ Boil 500g of **new potatoes** until tender. Whisk 4 tbsp **olive oil**, 1 tbsp **lemon juice**, ½ tsp **chilli powder** and 1 chopped clove of **garlic** in a large bowl. Add a 410g tin of drained and rinsed **cannellini beans**, 1 chopped **red onion** and a large handful of chopped **parsley**.

■ Drain the **potatoes** and cut them in half lengthways. Stir the potatoes into the salad and flake in 200g of tinned **tuna**. Serve on a bed of **salad leaves**, drizzled with **extra-virgin olive oil**.

### Bubble and squeak cakes with tomato salsa

■ Serves 2

■ Cook half a bunch of sliced **spring onions** in **butter**, then mix with 200g cooked and roughly mashed **potatoes**, 100g shredded and cooked **Savoy cabbage** and half a bunch of chopped **coriander**. Season well, then form into 4 cakes.

■ Mix the other half bunch of chopped coriander and the other half bunch of sliced spring onions with 2 diced **tomatoes**, 1 tbsp **olive oil** and 1 tsp **red wine vinegar**.

■ Fry the cakes in a little more butter for 5 minutes each side until golden and crisp. Serve 2 cakes per person, topped with a **poached egg** and the salsa.





#### Leg of lamb

Whether it be Welsh or good old English, you can't beat a joint of roast lamb - just make sure you garnish it in herbs and garlic!

#### Sea salt

From sea to lamb - sprinkle liberally and enjoy.



#### Black pepper

Freshly ground black pepper adds just the right amount of culinary gusto to your own.



#### Sweet potatoes

These bite-sized pieces of caramelised orange loveliness soak up the gravy and will have everyone fighting for the last piece.



#### Red Wine

The perfect accompaniment to roast lamb whether making a rich full-bodied gravy or served up at the table - salut!



#### Garlic

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Coffee time with friends and family is something to be appreciated, especially around Christmas. Having the best coffee and your own homemade puds to go with it, makes it feel that much more special.

De'Longhi's premium coffee machines achieve that great balance between design and functionality – they're stylish but uncomplicated. Learn about the latest Super Compact bean-to-cup coffee machine (below) ideal for anyone who's serious about coffee and a style fan, too. Then try these head-turning treats to go with your delicious coffee.



## Tiramisu whoopie pies

25 minutes + cooling time ■ Makes 9

■ EASY

### WHOOPIE PIES

**butter** 75g  
**egg** 1  
**golden caster sugar** 150g  
**soured cream** 5 tbsp  
**espresso** 2 tbsp  
**vanilla extract** 1 tsp  
**bicarbonate of soda**  $\frac{3}{4}$  tsp  
**plain flour** 225g  
**cocoa powder** 50g  
**TIRAMISU FILLING**  
**mascarpone** 250g  
**espresso** 1 tbsp  
**golden caster sugar** 50g  
**icing sugar** to decorate

■ Heat the oven to 180C/fan 160C/gas 4. Line 3 baking sheets with non-stick baking paper.

■ Melt the butter and set aside. Whisk the egg with an electric hand whisk for about 3 minutes until light and fluffy. Whisk in the golden caster sugar until the mix is thick and glossy. While whisking continuously, slowly add the melted butter in a steady stream until incorporated. Fold in the soured cream, espresso, vanilla extract, bicarbonate of soda, flour and cocoa powder.

■ Spoon 18 heaped dessert spoonfuls of the mixture out onto the baking sheets, making sure they are well spaced. Bake in batches for 12-14 minutes until risen, allow to cool slightly before transferring to a wire rack to cool completely.

■ To make the filling, mix the mascarpone, espresso and golden caster sugar and use to sandwich the whoopie cakes. Dust with a little icing sugar to serve.

De'Longhi's range of coffee machines allow you to become a barista in your own home



## A COMPACT ITALIAN

Designed and built in Italy, the new Super Compact machine is the smallest bean-to-cup coffee machine with an integrated cappuccino system, patented by De'Longhi. Give it pride of place in your kitchen and enjoy caffè quality

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# Apricot and pecan steamed pudding with macchiato custard

35 minutes + 2½ hours steaming

■ Serves 6 ■ EASY

## STEAMED PUDDING

**butter or margarine** 190g, softened

**pecan halves** 50g

**dried apricots** 50g

**maple syrup** 3 tbsp

**light muscovado sugar** 150g

**eggs** 3 medium, lightly beaten

**orange** 1, finely grated rind and juice

**self-raising flour** 175g

**MACCHIATO CUSTARD**

**vanilla pod** 1

**latte macchiato coffee**

or **milky coffee** 250ml

**double cream** 250ml

**egg yolks** 5

**golden caster sugar** 125g

**cornflour** 1 tbsp

■ Use 25g of the butter to grease the base and sides of a 1.4 litre pudding basin. Scatter the pecan nuts and dried apricots into the base of the pudding basin and drizzle over the maple syrup.

■ In a large bowl, beat the remaining butter and muscovado sugar until light and creamy. Add beaten eggs a little at a time. Fold in the grated orange rind and flour until well combined. Add enough of the orange juice to make a soft dropping consistency. Spoon into the basin and level the surface.

■ Cover the pudding basin with a folded piece of buttered greaseproof paper followed by a folded piece of foil, and secure with string. Steam the pudding for 2½ hours until risen and firm to the touch on the surface of the foil.

■ To make the custard, split the vanilla pod and put in a saucepan with the macchiato and cream. Heat gently until just coming to the boil (do not let it boil). Leave to infuse for 10 minutes if you have time.

■ Remove the vanilla pod from the mixture and scrape out the seeds. Stir the vanilla seeds back into the cream mixture.

■ In a large bowl mix the egg yolks, sugar and cornflour until well combined. Whisk in the cream mixture and return to the warm saucepan. Heat gently, stirring continuously until the custard is thickened and coats the back of the spoon. Serve immediately with the steamed pudding.





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Model shown KMX52

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Model shown BLX52

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# eat out, eat away

## It's December, SO...

### Visit Soho's Christmas market



The **FoodLovers market** is London's newest Saturday farmers' market that happens every other weekend in Soho, and a

great place to do some festive shopping. On 4 December, you'll find a focus on chocolate, with additional chocolate stallholders present, as well as a chocolate cake-off (enter online and bring your cake on the day). On 11 December the theme is treats from abroad, including Elvas plums from Portugal and pannettone and panforte (a dessert with fruit and nuts resembling fruitcake) from Italy. On 18 December, it's a Christmas free-for-all with turkeys, geese, Christmas puds, edible tree decorations and much more ([foodloversbritain.com](http://foodloversbritain.com)).

### Book a family gathering

The perfect option for families or friends getting together over Christmas is **Beach Farm** on the Lleyn Peninsula, on the edge of Snowdonia National Park; it offers three converted farm buildings and sleeps a maximum of 14. There are also five acres of grounds and a private beach. One week costs from £1,250 off peak to £2,650 over Christmas or New Year ([cvtravel.co.uk](http://cvtravel.co.uk)). Other companies that offer large houses include **Amazing Retreats** ([amazingretreats.com](http://amazingretreats.com)), **Beach Retreats** ([beachretreats.co.uk](http://beachretreats.co.uk)), **National Trust Holiday Cottages** ([nationaltrustcottages.co.uk](http://nationaltrustcottages.co.uk)), **Big House Holidays** ([bighouseholidays.co.uk](http://bighouseholidays.co.uk)), **The Big Domain** ([thebigdomain.com](http://thebigdomain.com)) and **Farm and Cottage Holidays** ([holidaycottages.co.uk](http://holidaycottages.co.uk)).



**119** Texture's salmon starter

Make an Alpine winter menu, plus eight great foodie cities for festive escapes

### **126** Where to eat and drink this Christmas



### **120** Eat like a local in the Swiss Alps



### **116** Pro vs punter at Polpetto





# pro vs punter

Does your average diner agree with the food professionals? *MasterChef*'s Gregg Wallace and **olive** reader Justin Kueh compare notes on Soho's Polpetto

## THE RESTAURANT

Polpetto is the first spin-off restaurant from Soho favourite Polpo, a Venetian-style bacaro serving sharing plates of northern Italian food that opened in September 2009. The second spin-off, Spuntino, opened this autumn. Located above iconic pub The French House on Dean Street, Polpetto (which means baby octopus in Italian) is described by co-owner Russell Norman as 'a tiny jewel-box version of Polpo'. Polpo head chef Tom Oldroyd oversees the kitchen at Polpetto, but the menu, while still focusing on small, sharing plates of northern Italian food, is different. Wines, also northern Italian, are all from small producers. It takes bookings for lunch but not dinner.

■ Polpetto, upstairs at The French House, 49 Dean Street, London W1 (020 7734 1969; polpetto.co.uk). Open Mon-Sat, 12pm-3pm and 5.30pm-11pm. Closed Sunday. Cicheti £1-£3; breads £2.50-£7.50; vegetables and salads £4.50-£5.50; meat £6-£8; fish £6.50-£12.50; desserts and cheese £4-£6.50.

- Pushy table turning? Not pushy, but tables are turned
- Tap water offered? Yes.
- Veggie options? Limited.

## SCORES IN THE PAST SIX MONTHS

Restaurant	Food	Atmosphere	Service	Total
Le Manoir aux Quat' Saisons	19	19	20	58/60
Galvin La Chapelle	18	18	19	55/60
Dishoom	17	17	17	51/60
L'art du Fromage	16	17	18	51/60
28-50	16	18	17	51/60
The Red Fort	14	11	15	40/60

## THE PRO



**Gregg Wallace** is a judge on BBC One's *MasterChef* and *Celebrity MasterChef*, and author of *Vég: the Greengrocers's Cookbook* (Mitchell Beazley, £12.99; **olive** offer £11.99, with free p&p. For **olive** book offers, call 01872 562313). Gregg was recognised on his visit by the owner.

## FIRST IMPRESSIONS

This room above The French House pub has been a number of different restaurants; I've delivered veg there over the years, and previous famous chefs who've worked here include Fergus Henderson. Polpetto is in a very small upstairs room, with big windows overlooking Soho. It feels very much like a discovery; a secret that only a few share. The dining room is very functional and not at all decorative – cutlery doesn't always match and neither does the crockery. It's very bohemian, maybe even charming.

## SERVICE

I chatted to the owner a lot so I didn't get to ask the staff any questions, although they all seemed friendly. Plates were brought and cleared promptly.

## THE PUNTER



**Justin Kueh** lives in Fulham, London and is a PhD economics student. He eats out four to five times a month, and his favourite types of food are dim sum, tapas and sushi. His best ever eating out experience was at Terroirs Wine Bar and Restaurant and his guilty pleasure is thick, continental-style hot chocolate.

If you didn't know Polpetto existed, you'd probably miss it; there is just a sign hanging above a small doorway. After climbing the flight of stairs, we were cheerfully greeted by the waitress. Polpetto is a cosy, 28-seat restaurant with exposed brick walls and simple lights. The menu is made up of a variety of small Italian dishes for sharing, much like its sister restaurant Polpo. Fellow diners were mainly from the Soho media crowd, attracted to its relaxed and informal atmosphere.

Our waitress was knowledgeable about the food menu, accurately explaining terms we weren't familiar with. The single blemish on the otherwise excellent service was the fact that one of our dishes was forgotten and we had to remind the waitress – and we saw another table doing the same. These may be teething problems; the restaurant had opened a week before our visit.





## THE FOOD

Absolutely brilliant – I could have easily chosen everything on the menu. This restaurant is all about sharing little plates of delicious, northern Italian treats – don't expect starters, mains and puds. The wines follow the same pattern with good labels served by the carafe. Cicheti (Italian-style tapas) to begin: a duck and porcini meatball was great. I also loved the anchovy and chickpea crostino – light, almost nutty chickpea with stabs of salty anchovy all chopped together like a rough pâté, spread on crostini. Chopped chicken liver, again a pâté served on crostini, was iron-rich with a hint of sweetness – delicious! The pick of the dishes was pig trotter meat on toast with pickled radicchio – the match of meaty, glutinous pork and bitter acidity made it the star. Sliced fennel with radish and mint served with ricotta was refreshing, while little rosemary-roasted salad potatoes were irresistible. Strips of steak with truffle cream deserve a special mention – but put me anywhere near a truffle and my heart goes aflutter. We also tried chilli prawns and a cracking, soft-shell crab in batter. To finish came chocolate cake and tiramisu. This is good food from a chef who knows about authentic Italian cooking.

We started with a couple of cicheti. Chopped chicken liver on crostino had a nice creamy texture; the sweetness of the sun-blushed tomato made a pleasing contrast, although the crostino was a little too toasted. Earthy flavours in a duck and porcini meatball went well with the acidity of a 2009 Barbera Volpi recommended by the waitress. We were advised to have two larger dishes per person, but ordered three each. Grilled focaccia and olive oil was perfect. Cured pork shoulder with pickled pepper pizzetta could have done with a few more peppers to balance the saltiness of the pork, but the base was wonderfully thin. Crisp, soft-shell crab in parmesan batter with fennel salad was the disappointment of the evening. The meat was nice and soft, but we couldn't taste any parmesan and the dish lacked zing. In contrast, grilled sliced flank steak in white truffle cream was the highlight – rich, velvety cream paired brilliantly with juicy, rare beef. We also really enjoyed pigeon saltimbocca (pigeon wrapped in prosciutto) despite watery polenta. Piedmontese pepper with white anchovies needed a bit more basil, but the sweet-salty combination of the peppers and anchovies was effective. For dessert, lemon and strawberry sgroppino (sorbet) lived up to expectations. The bitterness and sweetness of a tiramisu pot were well-balanced, but the sponge was too soggy. Chocolate fans should order the flourless chocolate and hazelnut cake.

## THE VERDICT

I loved it, but you can't book in the evening and that is going to upset some people. I had one of the nicest evenings I've had in a while and can't wait to go back.

The food was a bit hit-and-miss; most dishes could do with some tweaking. The lack of freshness and zing made the main dishes a little tiring after a while – not ideal for a small-plate dining restaurant. However, desserts were well made and the service was very good. The wine list was a decent selection of 14 wines, but we'd have liked a few more adventurous choices.

## THE BILL

**Gregg's bill for two** including three cicheti, two fish dishes, one meat dish, one bread, two vegetable dishes, two desserts, a 250ml carafe of Rosato Bardolino 2009 (£7), and a 250ml carafe of Cortese Volpi 2009 (£5), including service **£79.88.**

■ **FOOD 10/10**  
■ **ATMOSPHERE 8/10**  
■ **SERVICE 8/10**  
**Gregg's total 26/30**

**Value for money?** Yes.

**Go again?** Has Judith Charmers got a passport?

**Justin's bill for two** including two cicheti, two breads, one salad, two meat dishes, one fish dish, three puddings, one 250ml carafe Cortese Volpi 2009 (£5) and one 250ml carafe Barbera Volpi 2009 (£5), including service **£71.44.**

■ **FOOD 6/10**  
■ **ATMOSPHERE 7/10**  
■ **SERVICE 8/10**  
**Justin's total 21/30**

**Value for money?** No.

**Go again?** No, there are better value-for-money, small-plate restaurants in London.

**WANT TO REVIEW A RESTAURANT?** For a chance to become **olive's** next punter, sign up to our reader panel at **bbcmagazineinsiders.com**



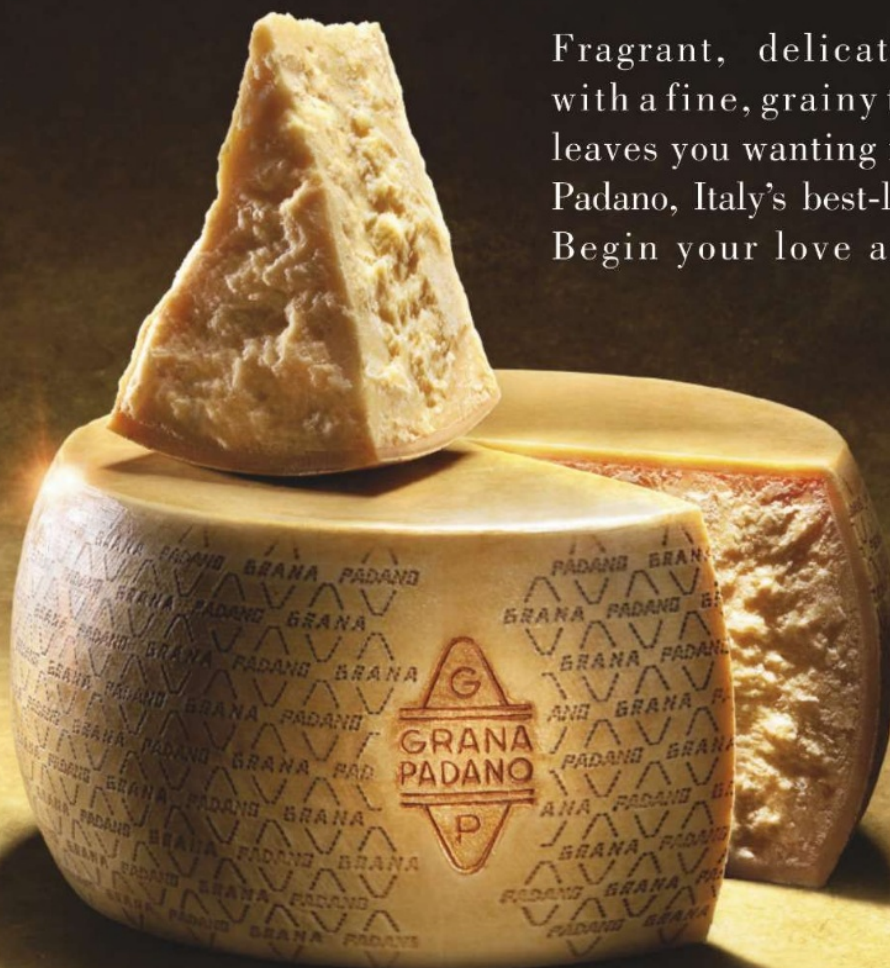
**TOTAL**  
**47/60**





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Chef Agnar Sverrisson and sommelier Xavier Rousset believe that food and wine are of equal importance in a meal, and the menu and wine list at Texture reflect this. Dishes are mainly European in style - main courses include beef ribeye, chargrilled, ox cheek, horseradish, olive oil béarnaise, £29, and Cornish skate, mussels, prawns, barley, shellfish broth, £26.50, with a nod to Sverrisson's Icelandic roots in recipes such as this starter of marinated salmon gravadlax (confit) £14.50. The tasting menu costs £59 per person, plus £45 per person for five wine matches, and there's a great value, set-lunch menu, too (from £18.50 for two courses). Texture, 34 Portman Street, London W1 (020 7224 0028; texture-restaurant.co.uk)

# Signature dish Texture

This smart, refreshing starter is perfect for the festive season

## Marinated salmon gravadlax (confit)

30 minutes + marinating ■ Serves 8

■ EASY

**salmon fillet** 500g in one thick piece  
**golden caster sugar** 25g  
**salt** 25g  
**lemons** 5, zested  
**dill** 10g, chopped, plus a handful to decorate  
**mild olive oil** enough to cover the fish  
**MUSTARD SAUCE**  
**Greek yoghurt** 200g  
**wholegrain mustard** 1 tsp  
**muscovado sugar** 3 tsp  
**lemon juice** 1 tsp  
**fresh horseradish** ½ tsp, grated  
**RYE CROUTONS**  
**rye bread** 2 slices  
**olive oil**  
**CUCUMBER SALAD**  
**cucumber** 1  
**olive oil** 30ml  
**white wine vinegar** 1 tsp, good quality  
**mustard seeds** 1 tsp  
**dill** 2 tsp, chopped

■ Skin and pin bone the salmon. Mix the sugar, salt and lemon zest, then sprinkle evenly over both sides of the salmon. Marinate for 1 hour, then rinse off with cold water. Cut into eight equally sized pieces.

■ To make the mustard sauce, mix all the ingredients with a pinch of salt and chill until required. Next, break the rye bread into rustic, crouton-sized pieces, drizzle with olive oil and season. Tip into a large frying pan and cook until crisp at the edges, then tip onto a plate and cover with clingfilm so they don't dry out.

■ To make the cucumber salad, peel and cut the cucumber into chunky pieces. Put in a bowl with some salt, the olive oil and vinegar and leave to marinate for 30 minutes. Add the mustard seeds and dill before serving.

■ Heat the mild olive oil to 45C (use a thermometer to check temperature) in a deep frying pan. Put the salmon into the oil and cook for 12-15 minutes. Take out of the oil, cover and cool in the fridge.

■ To serve, sprinkle the top of each piece of salmon with a dense layer of chopped dill and put it in the centre of a plate. Add a spoonful of the mustard sauce and dot some pieces of cucumber and dill around the edge. Scrunch some croutons up and sprinkle around the plate and finish with a little olive oil.

■ PER SERVING 233kcal, protein 15.6g, carbs 8g, fat 15.6g, sat fat 3.7g, fibre 0.9g, salt 0.92g



**olive** readers get a complimentary glass of Champagne when ordering two or more courses from the à la carte menu. Please quote **olive** when booking and again on arriving at the restaurant.

**TERMS & CONDITIONS** Offer restricted to one glass per person. **olive** reader offer bookings based on availability in restaurant at time of call. Ends 30 November 2010



# EAT LIKE A LOCAL Swiss Alps

Cook authentic food from the Swiss Alps with this cosy winter dinner

Recipes and travel MANUELA DARLING-GANSSER

In Europe, the very essence of winter lies in the Alps. Because winter days are short and cold, food, and especially comforting food, plays an important part in life. Traditionally, winter was a time of scarcity and the dishes people ate reflected that, so the cuisine of the Alps is a real 'cucina povera' (food of the poor or peasant cooking). Foods unique to the area include air-dried beef, venison and wild boar salami and alpine cheeses as well as dishes designed to fill you up and keep you warm, such as polenta, and a buckwheat pasta called pizzoccheri. In winter, instead of eating cheese with bread, it's served with hot potatoes, so cheeses that melt well such as emmental, gruyère and raclette come to the fore. One of the area's most famous cheeses is the very soft, rich vacherin mont-d'or, made from winter milk after the first snowfall.

## KNOW BEFORE YOU GO

Cheeses often vary in flavour depending on the season (summer milk is richer), and where they are made. Dairies in the mountains are by necessity small and once cheese such as emmental and gruyère are made they are aged by merchants rather than on-site.

Fondue etiquette dictates that your lips should never touch your fork while eating to take care of double-dipping issues.

The Swiss invented both the machine that makes chocolate smooth, and milk chocolate. You'll find a lot of it.

Confiseries sell coffee and tea, pastries and chocolate. Also look out for thick, yellow, clotted gruyère cream, particularly good with meringues.

## WARMING MENU FOR SIX

- \* Cheese soufflé
- \* Roast poussin
- \* Food-lover's polenta
- \* Zabaione

### Soufflé di formaggio (cheese soufflé)

1 hour ■ Serves 6 as a starter

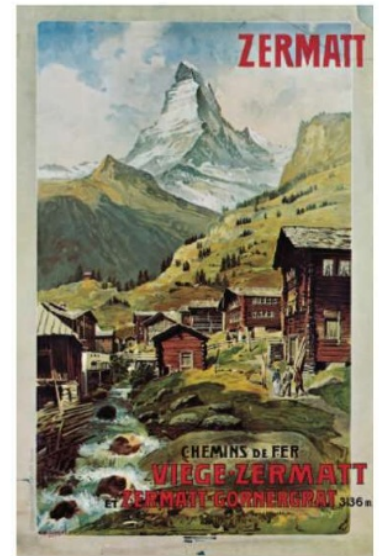
■ A LITTLE EFFORT

**unsalted butter** 50g  
**plain flour** 50g  
**milk**, about 500ml, hot  
**gruyère** 200g, grated  
**eggs** 4, separated

■ Heat the oven to 180C/fan 160C/gas 4. Butter a 1.7 litre soufflé dish and put a collar of baking parchment around the rim of the dish. Then make a béchamel: melt the butter in a saucepan, add the flour and stir well, letting it cook for a few minutes (be careful that it doesn't brown). Slowly add the hot milk, whisking vigorously so that no lumps form. When it has reached the consistency of thick cream, turn off the heat and add the cheese and some seasoning. Stir until the cheese has melted. Add one egg yolk at a time to the sauce, making sure each is well incorporated.

■ Beat the egg whites until they form peaks but are not dry. Gradually fold them through the béchamel. Pour the mixture into the soufflé dish and bake for 40 minutes or until puffed up and golden brown. Don't open the door to check on the soufflé while it is cooking or it will collapse. Serve immediately with some green salad.

■ PER SERVING 325 kJ, protein 177g, carbs 10.4g, fat 23.9g, sat fat 13.4g, fibre 0.3g, salt 0.80g



### Mistkratzerli (roast poussin)

1 hour ■ Serves 6 ■ EASY

*This dish was traditionally made with baby roosters, mistkratzerli (which translates as dung-scratchers), their female relatives were all kept for egg-laying.*

**poussin** 6  
**garlic** 6 cloves, crushed  
**rosemary** 6 sprigs, roughly chopped  
**virgin olive oil**  
**unsalted butter** 180g

■ Heat the oven to 200C/fan 180C/gas 6. Rub the birds inside and out with garlic and rosemary and season well. Save some of the garlic and rosemary for the sauce.

■ Heat 2tbsp of the oil and a knob of butter in a frying pan. When the foam subsides, brown two of the poussin until they are nicely coloured on all sides. Transfer to an ovenproof dish or roasting tin. Fry the remaining poussin in two batches, adding similar amounts of oil and butter as last time for each batch, but keeping 50g of butter back. Put the birds in the oven and roast for 30 minutes or until cooked through, basting from time to time with the juices from the pan and a little more butter.

■ Remove the birds from the oven and let them rest for a few minutes. Melt the remaining butter in the frying pan and add the saved garlic and rosemary. Cook for a few minutes, being careful that the garlic doesn't brown. Pour the sauce over the birds and serve.

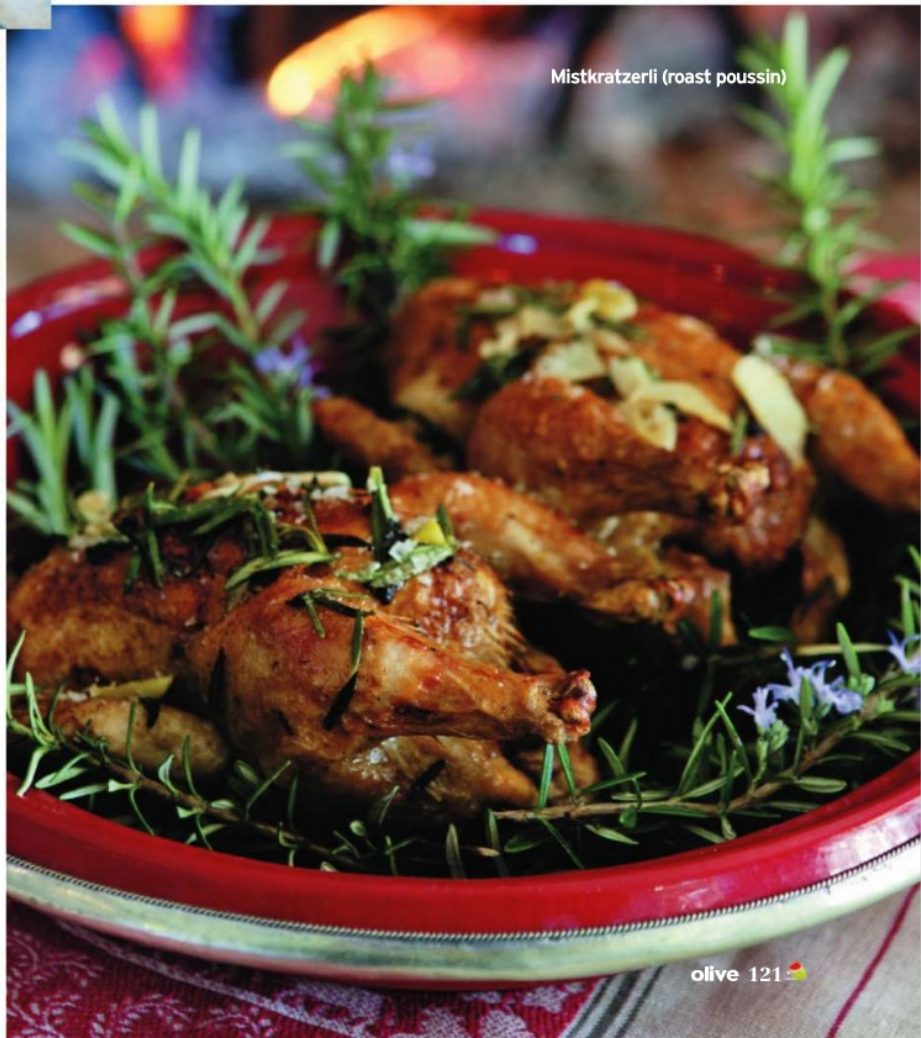
■ PER SERVING 553 kJ, protein 51g, carbs 0.6g, fat 38.5g, sat fat 15.4g, fibre 0.1g, salt 0.39g



Soufflé di formaggio  
(cheese soufflé)



Mistkratzerli (roast poussin)





## Insider's guide to St Moritz and Inner Arosa

### INNER AROSA

For more than 25 years I've been bringing my family skiing to Inner Arosa in the mountains of Canton Grigioni. It's much less well known than Klosters, over the other side of the range, and the skiing is varied and excellent, but it is the village itself and its surroundings that make it so special.

■ **EAT** Our favourite lunch spot is the Stüva, a cosy converted stable. Each winter a team of chefs and waiters comes from Italy to serve simple lunches such as hot soups, home-made pizzas, fresh pasta and grilled veal sausages, and elegant dinners, with antipasti, pasta, risotto and rich meat dishes (book through the Kulm Hotel, below). Walk the 15 minutes to the Gspan Guesthouse for dinner, pulling your sleds behind you, and eat at its Gspänli (Little Gspan) hut where 30 people squeeze in to sit on two long benches and the atmosphere is of a remote mountain shelter. Meat is cooked over an open fire and comes with rösti potatoes and a lamb's lettuce salad. To get back, jump on your sleds for the short but high-speed run down to the hotel. On particularly cold nights, the locals advise a kirsch or mountain liqueur to prevent frostbite! (gspan.ch)

■ **SLEEP** Stay at the Kulm Hotel - from here you can access all the skiing runs and the breakfasts are vast and splendid. Doubles from £314 including breakfast (arosakulm.ch)

■ **GETTING THERE** Easyjet (returns from £50.98; easyjet.com), British Airways (ba.com), BMI (flybmi.com) and Swiss (swiss.com) fly direct from the UK to Zurich. From there transfer by coach to Chur; from Chur to Arosa take the small red train that winds up the mountain, then at the Arosa station choose between taxi, shuttle bus or horse-drawn sleigh to reach your hotel.

### ST MORITZ

St Moritz became popular around 120 years ago when people came for the beauty of the landscape and to inhale the mountain air. Now it is, of course, a very fashionable skiing resort.

■ **EAT** For aperitivi and large platters of prosciutto go to Bar Pava - the owner is an excellent host and the spitting image of Luciano Pavarotti; Pava is his nickname. (00 41 81 833 0700) Expect excellent pizzas and pastas at Chesa Veglia. From the outside it looks like an old Engadina (a valley in Switzerland) house, with stone walls, deep-set windows and doors, and a granite-tile roof. Inside it is surprisingly spacious with a double-height central room. (badruttspalace.com/chesaveglia)

■ **SLEEP** Stay in the mountain village of Sils-Maria, about a 15-minute drive from St Moritz, in the century-old Hotel Walhaus. Views are of the frozen lake stretching to distant woods and mountains, with no other buildings in sight. Dinner is of local delicacies such as venison, and wine from the hotel's extensive cellars. Doubles from £336, including dinner and breakfast (waldhaus-sils.ch)

■ **GET THERE** From Chur take the Glacier Express's stunning south-east route to St Moritz. (glacierexpress.ch/en)

### Polenta ghiotta (food lover's polenta)

This also makes a lovely antipasto to serve with drinks.

1 hour 10 minutes + cooling ■ Serves 6

■ **EASY**

FOR THE POLENTA

sea salt 1½ tsp

coarse polenta 300g

FOR THE MUSHROOMS

unsalted butter 25g

virgin olive oil 2 tbsp

Spanish onion 1, finely chopped

garlic 2 cloves, finely sliced

anchovies 6

flat-leaf parsley, 1 bunch, chopped

dried porcini 15g, soaked in a little water for 15 minutes, then drained and finely sliced

unsalted butter, 150g

sage leaves 15

■ To cook the polenta, put 1.5 litres of water and salt in a large pot and bring to the boil. Add the polenta in a steady stream, whisking constantly to avoid lumps. Turn the heat down to low and cook the polenta for about 45 minutes, stirring from time to time. If you use instant polenta, this will only take two minutes. When the polenta comes away from the sides of the pot, it is cooked.

■ In the meantime, prepare the mushrooms. Heat the butter and oil in a saucepan and cook the onion until it begins to soften, then add the garlic, anchovies and parsley and cook for a further few minutes. Add all the mushrooms and continue cooking until soft.

■ Taste for salt (remembering that the anchovies will have added some already) and grind over some pepper. Stir the mixture into the cooked polenta, combining well. Pour the polenta into a tray lined with greaseproof paper, spreading the polenta to about 1½ cm thick. Leave to cool.

■ Cut the cooled polenta into pieces. Heat some of the butter in a frying pan and add a few sage leaves. Fry a few polenta pieces at a time, browning them on both sides. Transfer to a warm oven while you cook the rest, using more of the butter and sage as you go.

■ **PER SERVING** for 449 kcal, protein 71g, carbs 40.6g, fat 29.8g, sat fat 16.1g, fibre 2.4g, salt 1.66g

### Zabaione

15 minutes ■ Serves 6

■ **A LITTLE EFFORT**

egg yolks 6

golden caster sugar 150g

Marsala 250ml

■ Beat the egg yolks and sugar together in a large mixing bowl until they are fluffy and light in colour. Add a pinch of salt, then slowly add the Marsala, whisking constantly.

■ Put the bowl over a saucepan of simmering water and continue whisking while the mixture gradually heats up.

■ After about 5 minutes, the mixture will have doubled in size. Remove from the heat - be careful not to overheat the mixture, or the eggs will scramble. Pour the zabaione into 6 individual glasses and serve warm, with biscuits if you wish.

■ **PER SERVING** 238kcal, protein 3.6g, carbs 31.3g, fat 6.7g, sat fat 1.9g, fibre 0g, salt 0.04g



These recipes are adapted from *Winter in the Alps* by Manuela Darling-Gansser, (Hardie Grant, £25; olive offer

£23, with free UK p&p. For olive book offers, call 01872 562313). Swiss-born cook Manuela has written several food and travel books, on northern Italy, Switzerland and Sicily, and loves to collect recipes on her travels.







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For more information on The Village and other self-catering holidays in north Cornwall, visit [beachretreats.co.uk](http://beachretreats.co.uk). For information on Air Southwest visit [airsouthwest.com](http://airsouthwest.com).



Enjoy stunning views of Watergate Bay from your apartment



Left to right: have a surfing lesson; dine at Jamie Oliver's Fifteen Cornwall



## ONE LUCKY READER WILL WIN:

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- \* Three-course lunch at Fifteen Cornwall for four
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- \* Surf lesson for up to four adults at the Extreme Academy, with equipment hire, for the afternoon.

**For a chance to win go to [bbcgoodfood.com](http://bbcgoodfood.com)** and click on competitions, or enter by post, sending your name, address and daytime phone number to: **olive** December 2010 Cornwall prize draw, PO Box 501, Leicester LE94 0AA.

**TERMS AND CONDITIONS** 1. Closing date for entries is 31 Dec 2010. 2. Prize only available between 5 January and 22 December 2011, excluding school holidays. 3. Only one entry per household. 4. The prize includes seven nights' self-catering accommodation in a Beach Retreats The Village property for four guests and flights to Newquay Cornwall airport with Air Southwest. Air Southwest has fast and frequent flights to Newquay Cornwall Airport from London Gatwick, Bristol, Manchester, Leeds Bradford, Newcastle, Glasgow, Dublin and Cork. Fares include 20kg hold baggage and all taxes and charges. 5. The prize includes use of a personal chef to cook one three-course dinner, a three-course dinner at the Beach Hut; three-course lunch at Fifteen Cornwall; and surf lessons at the Extreme Academy for four. 6. Accommodation only available for up to four guests aged over 18 years, or a family with at least two adults aged over 18 years. 7. Accommodation is subject to availability and full details of the property will be provided by Beach Retreats once the winner has been announced. 8. The winner will be selected at random and will be notified by Beach Retreats. 9. No cash alternative is available. 10. Guests must arrange their own travel insurance.



# Festive escapes

If you're taking off for Christmas, visiting friends or heading home, find the best places to eat, drink, shop and stay with our locals' guide to eight UK cities Compiled by DANYA BILINSKY, ALISON BOWLES and JESSICA GUNN



## Birmingham



**CRITIC'S CHOICE** Paul Fulford, features editor, *Birmingham Mail*

'In a city not short of curry houses, this newcomer on Broad Street stands out from the crowd by combining style and substance. **Pushkar**'s dishes are Punjabi rather than the Pakistani and Bangladeshi food usually encountered in the city, and display real finesse. Check out the spinach and prune cakes, £4.75, a deftly balanced starter packed with flavour. Chic and in the heart of Birmingham's entertainment area, the cocktail bar only adds to its attraction.' Starters from £4.25, mains from £9.95. ([pushkardining.com](http://pushkardining.com))

**LUNCH** 'It's a short walk from downtown Brum to this old-school pub on Edmund Street, but the range of real ales and warming dishes at **The Old Contemptibles** make it more than worthwhile. Try the pork and ale sausages – made using Thornbridge's award-winning Jaipur Ale, and onion rings.' Mains from £5.45. ([nicholsonspubs.co.uk/theoldcontemptiblesedmundstreetbirmingham](http://nicholsonspubs.co.uk/theoldcontemptiblesedmundstreetbirmingham)) **Matt Plant**



**DRINK** For slick design try **Mechu**, pictured, ([summerrow.com/mechu](http://summerrow.com/mechu)), or relax in the stylish **Bank** restaurant and bar. ([bankrestaurants.com/birmingham\\_bar.html](http://bankrestaurants.com/birmingham_bar.html)) **Sarah Gow**



**SLEEP** Staying Cool's Birmingham **Rotunda serviced apartments** have chic retro décor, floor-to-ceiling windows and are located in the top two floors of the city's cylindrical, high-rise 60s landmark, The Rotunda. Doubles from £95. ([stayingcool.com](http://stayingcool.com))



**SHOP** South of Birmingham is **Becketts Farm Shop**, with its own butcher, baker and deli counter stocking more than 130 cheeses. Buy Christmas hampers or vouchers for the cookery school. ([becketts-hampers.co.uk](http://becketts-hampers.co.uk)) **Frankfurt Christmas Market** is the largest German Christmas market outside Austria and Germany. You'll find stollen, festive biscuits and much more. ([birmingham.gov.uk/frankfurtmarket](http://birmingham.gov.uk/frankfurtmarket))







## Bristol



**CRITIC'S CHOICE** Mark Taylor,  
food editor, *Bristol Evening Post*

'**Flinty Red** takes its name from *My Uncle Oswald*, a story by wine buff and children's writer Roald Dahl. It's run by two chefs and a couple who own an independent wine merchants in the same street. An intimate restaurant with extra seats at the bar, most of the dishes are available in small or large sizes, plus there are around 20 wines by the glass or carafe. Try the grilled pork chop with spinach, girolles and oloroso, £13.50 – a robust dish with a rustic, Spanish edge.' Small dishes from £3, large from £12.50. (flintyred.co.uk)



**DRINK** Head to **Amoeba Lounge Bar** in Clifton for a laid-back vibe, seasonal cocktails and around 40 international bottled beers, stouts, ales and ciders. (amoebaclifton.co.uk)

**LUNCH** '**Goldbrick House** is a chic little haven away from the hubbub of the high street. It's a restaurant and bar but has a great café-menu of dishes such as roasted shoulder of lamb, curly kale, sweetcorn and crushed new potatoes (pictured).' Mains from £4.25. (goldbrickhouse.co.uk) **Alex Tough**



**SHOP** 'A covered market with quirky stalls, **St Nicholas Market**

has a good greengrocers, fishmongers, butchers and cheesemonger, plus a range of food stands including Moroccan, Jamaican, Italian and South African cuisine. Other gift ideas include books and old-fashioned sweets.'

Closed Sundays. **Amanda Read**

For a wide range of organic products from groceries to alcohol, try **Wild Oats Natural Foods**. Good presents include a bottle of Luque Organic Extra-Virgin Olive Oil, £4.65/500ml, and Island Bakery Organic Lemon Melts, £2.99. (woats.co.uk)



**SLEEP** Just a short walk from Bristol's centre in elegant Clifton, **Rosebery House** has three bright, airy en suite bedrooms and excellent breakfasts. Doubles from £89. (roseberyhouse.net)





## Cardiff



**CRITIC'S CHOICE** Margaret O'Reilly, head of features, *South Wales Echo*

'If you think you know Indian food, be prepared to be surprised at this small and welcoming restaurant. Go with a group and taste a whole selection of **Mint and Mustard's** delicious dishes, each one individually spiced and beautifully presented in a modern style. Delicate fillets of sea bass are served on mash flavoured with curry leaf and a sauce of raw mango, ginger and coconut. For dessert, try the chocomosa, a samosa shaped parcel of chocolate ganache served with pistachio ice cream and caramel topped banana.' Starters from £4.20, mains from £6. (mintandmustard.com)

**LUNCH** Small, friendly and quietly stylish, locals come to **Café Citta** for authentic pizzas (cooked in a wood-fired oven), plus pasta and all-day snacks. The daytime pizza and salad deal, £5.50, is a steal. Mains from £4.95. (4 Church St; 029 2022 4040)



**DRINK** By day café, by evening a small bar, sink into **Bar Cwtch's** (the hotel bar of Joylons, see below) leather sofas and enjoy drinks over local cheeses. (jolyons.co.uk)



**SHOP** 'Recently renovated and extended, **Wally's Delicatessen** is a treasure trove of hampers, innovative gift ideas and delights including cheeses, charcuterie and olives. Christmas gingerbread men and hearts strung up from the ceiling give a lovely festive scent to the shop.' (wallysdeli.co.uk)

**Rebecca Yeomans**

Cardiff's excellent **Riverside Farmers' Market** takes place every Sunday and includes such top producers as Lliw Valley Smoke House, Rhymney Brewery and The Chocolate House. (riversidemarket.org.uk)



**SLEEP** Over Christmas, try **Jolyons** (pictured) - each of the six bedrooms are lavishly themed, from glam Welsh to Moroccan. Doubles from £85. (jolyons.co.uk)

**Hotel One Hundred** is an elegantly restored Victorian house where wooden beams are combined with textured wallpapers and statement mirrors. Doubles from £70, closed 24-27 December. (hotelon hundred.com)



# DON'T STOP THERE, TELL ME THE REST.



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eat out, eat away  
UK breaks



**SHOP** 'Edinburgh's annual **German Christmas Market** has a lovely old world feel – don't miss traditional treats such as lebkuchen and stollen.' (edinburghschristmas.com)

READER'S  
CHOICE

Joanna Lee

## Edinburgh



**CRITIC'S CHOICE** Gaby Soutar,  
restaurant critic, *The Scotsman*

'I love taking friends to **Redwood**

**Restaurant**, a basement dining room in bohemian Stockbridge. The imaginative Californian-style menu is always a talking point, with dishes such as thyme-crusted rib-eye with miso mustard sauce. On arrival, each table is presented with roasted garlic cloves, to be squished on to wedges of sourdough. Puddings are heavenly: chef Annette Sprague knows how to weave sugary magic. Her chocolate, chilli and cinnamon crème caramel could warm anyone's cockles on a chilly winter's night.' Two/three courses £21.95/£26.95. (redwood-restaurant.co.uk)



**LUNCH** 'Porto and Fi is an airy café-deli-bistro with views over the Firth of Forth, mains from £6.95.' (portofi.com) **Kate Robinson**

'If you're in Leith, head to **Tapa** (pictured) for top-drawer tapas and the bargain £10 lunch for two.' (tapaedinburgh.co.uk) **Clare Mills**



**DRINK** Leather seats and sofas, chandeliers, plenty of space and accommodating staff make **Dragonfly Cocktail Bar** a friendly and grown-up drinking destination. (dragonflycocktailbar.com)

**SLEEP** Glorious Georgian townhouse b&b **Two Hillside Crescent** offers classy rooms and excellent breakfasts; expect a quality full Scottish or specials such as muffins and pancakes freshly baked by owner Elaine Adams. Doubles from £105. (twohillsidecrescent.com)



PHOTOGRAPH LLOYD SMITH



# A timeless kitchen essential

Celebrate the iconic Kenwood Chef's 60th birthday

In 1950, the Kenwood Chef kitchen machine revolutionised food prep in UK homes. Sixty years on, it plays a huge role in millions of kitchens worldwide. Tastes have changed, but the Kenwood Chef has been a constant, inspiring home cooks. With style and cutting-edge technology, it's

evolved to meet ever-changing needs and lifestyles, so it's still essential. To celebrate, Kenwood has looked at the last 60 years of British cuisine with top chef Marcus Wareing, to re-create some of the nation's favourites decade by decade. Try this 80s classic, pizza, with a fresh twist, below.



## 1980s – pizza

1 hour 5 minutes ■ Serves 4 ■ **EASY**

**strong flour** 250g  
**fast action dried yeast** 1 tsp  
**sugar** ½ tsp  
**salt** ½ tsp  
**tomato purée** 1 tbsp  
**sundried tomatoes** 100g, chopped  
**onion** 1 small, peeled and sliced  
**basil** ½ bunch  
**Parma ham** 50g  
**mozzarella** 100g, sliced  
**rocket** 100g  
**balsamic vinegar** 2 tbsp

■ Put the flour, yeast, sugar and salt in the

Kenwood Chef mixing bowl. Attach the dough hook, add 100ml water and 50ml olive oil and mix for 5 minutes.

■ Remove the bowl and cover with a tea towel. Leave in a warm place to prove (about 30 minutes). Once the dough has doubled in size, replace the bowl in the machine, with the dough hook, and mix for 1 minute.

■ Heat the oven to 180C/fan 160C/gas 4. Roll out the dough to your desired shape and thickness and put on an oiled baking tray.

■ Mix the tomato purée with 1 tbsp water then spread on top. Scatter the sundried tomatoes, onion, basil, ham and mozzarella.

■ Rest for 5 minutes then bake for 10-15 minutes. Scatter the rocket, drizzle with balsamic. Rest for 5 minutes and serve.

## TIP

If you don't have a Kenwood Chef, mix the flour, yeast, sugar and salt with 100ml water and 50ml olive oil in a bowl. Tip out onto a surface and knead for 5 minutes. Move to an oiled bowl, cover with clingfilm and leave to double. Heat the oven to 180C/fan 160C/gas 4. Put the dough on a bench, knead for 2 minutes then roll out. Continue following the recipe, below left.

These days, people are getting more adventurous with their home cooking, but they still get nostalgic over certain tastes and textures. Thankfully, advances in technology have made most dishes easier to prepare. Kitchen appliances are a godsend to busy cooks, and as long as brands such as Kenwood continue to innovate, there will always be new ways to prepare old favourites.

Michelin-starred chef Marcus Wareing

## CELEBRATING A CLASSIC

There are six machines in the Kenwood Chef range, from the Classic Chef to the groundbreaking new Cooking Chef - which takes the expertise, quality and versatility of the Kenwood Chef and adds induction heating technology. Each machine combines stylish design with unrivalled functionality, saving time in the kitchen and making light work of recipes. From family meals to special occasions, the Kenwood Chef range guarantees fantastic results, every time. For more, visit [kenwoodworld.com/uk](http://kenwoodworld.com/uk).



Kenwood Chef Titanium

**KENWOOD**

FOR MORE INFORMATION AND RECIPES, VISIT [KENWOODWORLD.COM/UK](http://KENWOODWORLD.COM/UK) AND [KENWOODCOOKINGCHEF.CO.UK](http://KENWOODCOOKINGCHEF.CO.UK)



## eat out, eat away UK breaks



**DRINK** 'A Nation of Shopkeepers' is centrally located, has an excellent choice of real ales and draft European lagers, a relaxed atmosphere and plenty of comfy sofas.' (anationofshopkeepers.com)



## Leeds

**CRITIC'S CHOICE** Yvette Huddleston, restaurant writer, *The Yorkshire Post*  
'Walk into **Kendells** and it's as if you've been transported to a chic neighbourhood bistro in Paris. There are no menus, dishes are written up on a big blackboard, and the wine list is exclusively French. Halifax-born chef Steve Kendell says he is inspired by the kind of French cuisine you would find in any restaurant in rural France – French onion soup, saumon en croûte and dauphinois potatoes. There is no pretension here, just good quality, lovingly prepared and well-presented French food. There's also a good choice for vegetarians.' Starters from £5.50, mains from £9.50. (kendellsbistro.co.uk)

**LUNCH** 'Try **Pin**, a chilled-out café-bar serving salads, sandwiches and sharing platters using local produce.' Dishes from £5. (pinleeds.co.uk) **Rachel Griffin**  
'Visit the beautiful Corn Exchange building where **Piazza by Anthony** has a delicious lunch menu and glamorous setting. The crab gnocchi is sensational.' Mains from £7.95. (anthonyrestaurant.co.uk/piazza). **Krystal Evans**



**SHOP** 'Leeds Farmers' Market has a great range of produce and stalls to choose from. If you can't find the foodie gift you're looking for here, you'll struggle to find it anywhere else in the city!' (leedsmarkets.co.uk)



**Joanna Fox**

Treat yourself or a friend to a bottle of fizz from award-winning **Leventhorpe Vineyard**, England's most northerly commercial vineyard. Don't forget to try before you buy – we like the crisp Leventhorpe Brut, £15. (englishwineproducers.com/leventhorpe.htm)



**SLEEP** **K-space Waterloo Court's** luxury serviced apartments have floor-to-ceiling windows overlooking the cobbled streets and old warehouses of Leeds' waterfront Brewery Wharf district. Doubles from £69. (k-space-apartments.co.uk)



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## London

**CRITIC'S CHOICE** Marina O'Loughlin, restaurant critic, *Metro*

'Covent Garden's restaurant scene is mostly given over to fairly dismal tourist traps. One of the few exceptions is **Great Queen Street**, a slab of butch modern British from the team behind smash hit *Anchor and Hope* (36 The Cut, London SE1; 020 7928 9898). Here, the area's cool people congregate for a regularly-changing menu of Tom Norrington-Davies' signature unfussy cooking and great seasonal produce: free-range pork, home-made chutneys, wild sea bass, venison, magnificent sourdough bread. The menu is deliberately succinct – go with a bunch of pals and you can probably do it all. There are few frills, but luxury comes from the ingredients, the terrific wine list, the house cocktails and the sense that everyone in the place is having the most enormous fun.' Starters from £5, mains from £10. (32 Great Queen St, London, WC2; 020 7242 0622)



**LUNCH** 'Jamie's Italian restaurants are spreading and offer great value food and a lively atmosphere – mains from £8.95.' (jamieliver.com/Italian) **Gemma Ritchie**

'Try **Wahaca** for Mexican food at low prices – small plates from £3.85, large from £6.40.' (wahaca.co.uk) **Zoe Brooks**  
'For something upmarket, head to the bohemian, ground-floor Tapa Room at **The Providores** (pictured) for sparkling fusion small plates, from £3.50.' (theprovidores.co.uk) **Claire Schofield**



**DRINK** 'Skylon is in the heart of the Royal Festival Hall on London's Southbank. Relax in the classy, 1960s-inspired bar and enjoy the views over the Thames.' (skylonrestaurant.co.uk)

**Samantha Taylor**



**SHOP** 'Go to **Fortnum and Mason** for gifts of tinned teas, marmalade, jams and curds. The packaging is pretty and the prices are reasonable for the quality.' (fortnumandmason.com) **Lin Ingle**

'**Mount Street Deli** sells British and Italian products from small, artisanal producers. Try the strawberry and chilli jam, £4.20, and lonza di fico (fig and nut log) £8.50/300g.' (themountstreetdeli.co.uk)

**Hugh Wright**



**SLEEP** 'Dean Street Townhouse is the perfect boutique hotel in the heart of London's Soho. It has all the facilities of a five-star hotel but with the informality and warmth of a very glamorous b&b.' Doubles from £120. (deanstreettownhouse.com)

**Hugh Wright**





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# Manchester



**CRITIC'S CHOICE** Paul Ogden, food and drink editor,  
*Manchester Evening News*

**'Lounge Ten** is a miniature Mancunian Moulin Rouge – with fine food. Behind the sedate, Victorian exterior is a riot of red velvet and risqué murals. Groups can hire The Boudoir private dining room with butler service and a singer, or have a magician entertain at the tables – there's even a clairvoyant next to the loos. The mainly British menu includes locally sourced meat; try the fillet steak with Parmentier potatoes, roast fennel and crayfish tails.' Starters from £7, mains from £15. ([lounge10manchester.co.uk](http://lounge10manchester.co.uk))

**LUNCH** Shop at the Arndale Market, then eat at its **Food Court** for a range of cuisines from Jamaican to Greek to Mexican ([manchestermarkets.com](http://manchestermarkets.com)). For authentic pizzas at economical prices, go to **Croma**. Pizzas from £4.95. ([croma.biz](http://croma.biz))

**DRINK** Head to the Northern Quarter's **Apotheca** for a drinks list as long as your arm and an old-curiosity shop vibe. If you fancy something bespoke, just ask the friendly and creative bar staff. ([apothecabar.co.uk](http://apothecabar.co.uk)) **Sarah Tarmaster,**  
**Lisa Henderson**

READER'S  
CHOICE



**SLEEP** **'The Palace Hotel'** is a wonderful old Victorian property with modern rooms and good old-fashioned hospitality.' Doubles from £96. ([palace-hotel-manchester.co.uk](http://palace-hotel-manchester.co.uk)) **Gail Lyon**

READER'S  
CHOICE



**SHOP** **'North Star Deli'** offers a bespoke hamper service so you can tailor your goodies to your budget and the recipient. It also sells gifts for cooks such as aprons and cheese knives. ([northstardeli.com](http://northstardeli.com)) **Deanna Thomas**

**'The Christmas Market'** gets bigger and better every year, with a whole host of stalls selling a rich variety of goodies and gluhwein.' ([manchestermarkets.com](http://manchestermarkets.com)) **Ian Jeffery**

READER'S  
CHOICE

READER'S  
CHOICE





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– Mark Prigg, Technology Correspondent, London Evening Standard

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## Newcastle



**CRITIC'S CHOICE** Liz Lamb,  
*Newcastle Evening Chronicle*

'Brimming with character and packed with vintage charm, **As You Like It** is a collection of drinking and dining spaces set over three sprawling floors – a mish-mash of styles, fabrics and colours. You can pop in for a cocktail but the food is worth staying for. The owners have scoured the North East for the best local suppliers and the menu ranges from great sharing platters to hearty mains, such as 12-hour cooked confit of pork shoulder with champ, butternut squash, sage and pine nut purée with organic cider jus.' Starters from £6.95, mains from £10.50. (asyoulikeitjesmond.com)

**LUNCH** 'For salads, hearty soups, sandwiches, cakes and organic coffee, all made with thoughtfully sourced ingredients, stop by **Olive and Bean** deli and café.' Sandwiches from £2.99. (oliveandbean.co.uk)  
**Wendy Cochrane**



**SHOP** Recommended by both Gary Rhodes and Rick Stein, **The Honey Tree** organic food store and deli sells a range of hampers packed with local produce including jams and ingredients for hot toddies, from £10. (thehoneytree.org). Go to **Fenwick Food Hall and Wineshop** for excellent presents such as Gosset Grand Reserve Brut Champagne, £42, Dow's Crusted Port, £17.99, and Fenwick own-label Classic Italian Speciality Panettone, £14.95. You'll also find great hampers. (fenwick.co.uk)

**SLEEP** Boutique **Townhouse Hotel** is located in the suburb of Gosforth. Each of its 10 rooms is individually styled with coloured linens and wallpaper. Doubles from £85. (thetownhousehotel.co.uk)



**DRINK** 'The **Forth Hotel** is a relaxed pub where you can curl up near the open fire with a warming glass of red or a house blend Bloody Mary. (theforthnewcastle.co.uk)







# Festive fare for all

Meat-free festive dinners needn't be dull. Try Tivall's delicious and healthy meat-free range to spice up all your vegetarian Christmas entertaining, for meals everyone will enjoy

Nut roast isn't the only Christmas meal available to vegetarians. As good as it is, there's plenty more out there to expand the meat-free menu over the festive period. Even those wanting to cut back on their meat intake after all that seasonal indulging, will love Tivall's delicious, meat-free products.

These vegetarian garlic butter kiev, pictured above, are packed with flavour and smothered in a crunchy, golden crumb coating. Preservative free and free from artificial colourings, they're a great source of protein and contain the superfood, soya. Try the recipe suggestion, right, to make a real festive feast.

For parties, there's plenty more choice to liven up the entertaining, too. Perfect finger food, Tivall's succulent nuggets and bite-size cocktail sausages, make great nibbles. You'll be pleased to hear they're

good for you, made as they are with soya. High in protein and fibre, low in fat and bursting with antioxidants, soya is packed with nutritional benefits.

Entertaining doesn't have to be complicated. Take the strain out of Christmas dining and enjoy these simple, nutritious and flavoursome vegetarian products that no one will resist.

## CRACK INTO CHRISTMAS KIEVS

Golden baked kiev are served with a creamy mashed potato mixed with wholegrain mustard and chopped herbs. Roast some carrot halves and toss in honey and parsley, and prepare simply seasoned Brussels sprouts. A spoonful of cranberry sauce complements this hassle-free and colourful Christmas dinner.

**tivall**



PHOTOGRAPHS: LUS PARSONS

**FOR MORE INFORMATION AND DELICIOUS SERVING SUGGESTIONS, GO TO [TIVALL.CO.UK](http://TIVALL.CO.UK)**



advertisement feature

# Festive FEAST

Give your guests a plentiful choice of all the most delicious and highest quality food and drink this Christmas with help from Sainsbury's vast selection of food and drink, including its Taste the Difference premium range, which offers the best of everything.

If you're having a get-together, indulge guests with Blanc de Blancs Champagne (£16.99, right) and prepare canapés (bottom left). Buy pastry spoons (£1.99 for 12), which are canapé, cutlery and crockery in one, as you can fill them with whatever you like – sweet or savoury – and eat the whole thing. Taste the Difference All Butter Mini Vol au Vent Cases (£1.59 for 12), are also great with cold fillings or gently warmed.

For dinner, try a turkey alternative such as the Taste the Difference Three Bird Roast – serving 10, it's made from succulent Gressingham duck, free-range turkey breast and guinea fowl. (£42, main image, centre, along with Taste the Difference Guinea Fowl, top, and Gressingham Duck, bottom).

For a festive dessert with a twist, try the new Taste the Difference Mince Pie Ice Cream (500ml, £3 or two for £5), bottom right. Made for Sainsbury's by the Duncan family at Stapleton Farm, Devon, it's then blended with Taste the Difference mince pies.



## DON'T MISS OUT ORDER YOUR TURKEY

Turkey order forms are now available instore at customer service desks until 12 December. Simply choose your preferred size, from 3-7kg, and a collection date to suit you, between 21-23 December.



## MATCH MADE IN HEAVEN

Bring all the wonderful flavours out in your food by ensuring you pair it with a drink that will complement it perfectly:

■ Try pairing the rich and complex flavours of the Taste the Difference Three Bird Roast with a bottle of the Taste the Difference Casablanca Valley Pinot Noir (£7.99).



Enjoy an amazing spread of the very best in food and drink this Christmas with Sainsbury's – and make it even more special with its Taste the Difference range



FOR MORE INFORMATION AND RECIPES, VISIT [SAINSBURYS.CO.UK](http://SAINSBURYS.CO.UK)



# COOK LIKE A PRO

Smart ways to improve your kitchen skills

Words CHARLOTTE MORGAN and LULU GRIMES Photographs GARETH MORGANS

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Ask olive



## GADGET GURU

If you've ever tried to part meat juices from fat then you'll know it can be a messy business. A fat separator makes it simple, quick and clean. Pour in the contents of your roasting tin, wait a couple of minutes for the fat to rise and then pour off the juices. This glass jug is pricier than a plastic one, but feels squeaky clean wash after wash - £14.50 from [johnlewis.com](http://johnlewis.com). 🍷



## HOW TO CARVE A TURKEY

❶ Gently pull the leg away from the body to loosen and cut down until you reach the joint. Push the knife firmly through the joint until the leg comes away completely. Repeat.



❷ Holding the leg upright, cut down between the drumstick and thigh. Hold the drumstick upright and carve the meat from each side, following the bone. Carve the thigh meat.



❸ Pull the wing away from the body and cut through the joint. Cut slices at an angle through the breast, keeping going until you reach the bone.



### MEDIA MUST-HAVES



#### IPAD APP: MOBILE IQ

From the February issue onwards, *Good Food* will be available in an interactive version via **mobile IQ**.



#### IPHONE APP: FOODSPOTTING

Use **foodspotting** to check out other people's snaps of restaurant dishes before booking a table.

#### BLOG: BISCALICIOUS.CO.UK



Giant jammie dodgers? Yes please! Sisters Emma and Nancy blog about the art of biscuit-making, and rumour has it that their goods are coming to Selfridges soon.



#### TWITTER: @EARTHEATS

Food safety and green living are hot topics for @earthheats. Weekly podcasts are often followed by seasonal recipes - we love the look of the blueberry cobbler cake.

## SHARPEN UP

### Cooking classes to make

#### Christmas entertaining a breeze

Round up the relatives: it's time for a Christmas party. But what to serve? Leith's School of Food and Wine has a new winter workshop designed with Christmas Eve entertaining in mind. Everyone will cook enough food for eight people - including duck Wellington and mulled pears. Dishes can be eaten that same night, or saved for the weekend if you can bear the wait. If you really want to impress, sign up to the Winter Puddings Workshop - forget mince pies, we're up for pomegranate meringues and Champagne jellies.

#### Christmas Dinner Party

16 December, 10.30am - 3pm. £125 per person.

#### Winter Puddings

Workshop 4 December, 9.30am - 2pm. £110 per person.



### HISTORY OF... FIGGY PUDDING

\* Figgy pudding dates back to 16th century England, when traditionally it was served at the end of a slap-up Christmas meal. \* Desperate to cleanse the country of decadence, Oliver Cromwell banned all Christmas celebrations in the 1640s - including figgy pudding and mince pies! \* Eager to get on the good side of his new subjects, George I, aka the Pudding King, requested that 'plum pudding' be served at his first Christmas feast after arriving from Germany in the early 1700s. \* Its popularity peaked during the Victorian era, when Charles Dickens sat one on Bob Cratchit's table in *A Christmas Carol*, and has been ubiquitous ever since. \* Take a look at *fury's Out* on page 14 to find out what the **olive** team make of it.



# SHOP LIKE A PRO YOUR CHRISTMAS CHEESEBOARD

Ros Windsor, MD of cheese shop Paxton and Whitfield picks the ideal Christmas cheeseboard for olive: 'Traditionally a Christmas cheeseboard contains a blue cheese, a hard cheese, a soft cheese and another (non-cow's) milk cheese. I've recommended five cheeses that are a mixture of more traditional and new cheeses from Britain and France, with a variety of flavours and textures.' (paxtonandwhitfield.co.uk)

**1 Moelleux du Revard** An unpasteurised, washed rind cow's milk cheese created two years ago by Schmidhauser, who is a well known producer of quality artisan cheeses in the Rhone-Alps region of France. The cheese comes wrapped by a spruce belt and has a subtle, moelleux (creamy) flavour similar to Mont D'Or. (£6.75/190g)

**Wine match:** A pinot noir would be a good choice of red.

**2 Appleby's Cheshire** Made in Shropshire, this is a traditional farmhouse, clothbound Cheshire cheese produced from Friesian cow milk. Salt and mineral deposits come through in the grass the cows eat and add flavour. The colour comes from the addition of annatto, a natural plant colouring. (£19.50/kg)

**Wine match:** Red and white wine both match well - try a sauvignon blanc or a cabernet sauvignon.

**3 Roquefort PDO** Probably the most famous French blue cheese, Roquefort is made from milk produced by Larzac sheep in the Aveyron region, and is deliciously tangy and salty. (£37.00/kg)

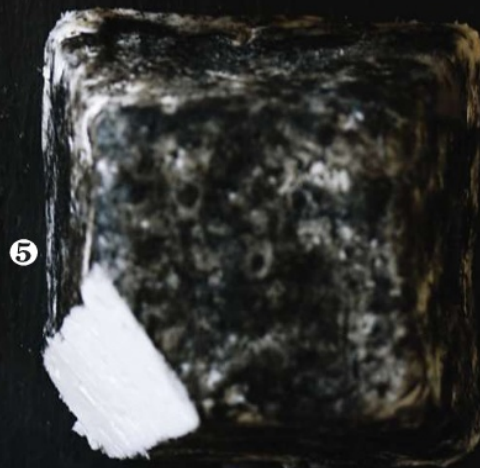
**Wine match:** This goes beautifully with a sweet wine such as a Sauternes or a Monbazillac.

**4 Baltic** A cow's milk cheese from Northumberland that was named after the Baltic Summer Ale that it is washed in. It has a smooth texture and a tangy flavour from the ale. (£25.00/kg)

**Wine match:** A full-bodied red such as a cabernet sauvignon, or a light ale.

**5 Cerney** From the Cotswolds, an unpasteurized goat's cheese coated in sea salt and ash. Made in the traditional Valencay method, the young cheese is mild but increases in flavour as it ages. (£7.75/200g)

**Wine match:** Pairs well with a sauvignon blanc.





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# MASTERCLASS

**olive** food guru Lulu Grimes shares her cooking secrets



Making a batch of homemade mincemeat is really easy, and tastes far better than anything you can buy in the shops. This recipe is made with butter rather than suet, so will suit vegetarians as well.

## Mincemeat

30 minutes + overnight macerating

■ Makes 4 jars (about 400ml) ■ **EASY**

**apples** 3, cored and finely chopped  
**mixed dried fruit** (I like Waitrose wholesome mixed dried vinefruit) 500g  
**candied peel** 100g piece finely chopped, or ready-chopped mixed peel  
**blanched almonds** 60g, chopped  
**light muscovado sugar** 175g  
**orange** 1, zested and juiced  
**lemon** 1, zested and juiced  
**ground mixed spice** 2 tsp  
**ground cinnamon** 1/2 tsp  
**nutmeg** a good grating  
**brandy or rum** 5 tbsp  
**unsalted butter** 150g

■ Put all except the butter in a bowl, cover and leave overnight to macerate.

■ The next day, sterilise six 350ml jars and their lids by washing them thoroughly in hot soapy water, rinsing in very hot clean water and drying them in a low oven. While the jars are drying, put the fruit mixture in a roasting tin and warm it through in the same low oven for 15-20 minutes. Melt the butter and stir it through the warmed fruit. Divide the mixture between the hot jars and put the lids on. Leave to cool. These will keep for up to 6 months in a cool, dark place.

■ **PER SERVING** 99 kcal, protein 0.7g, carbs 15.5g, fat 3.8g, sat fat 1.9g, fibre 0.6g, salt 0.04g

## To make a Christmas cake

■ Line and butter a 20cm deep tin. Mix 200g **self-raising flour**, 150g **light muscovado sugar**, 150g softened **butter** and 3 **eggs** with 1 jar of the **mincemeat**, 150g mixed chopped **dried figs**, **cranberries** and **cherries** and 1 tub **glacé cherries**. Spoon into the tin and bake at 170C/fan 150C/gas 3 for 2 hours, or until the middle feels springy. Cool in the tin for 30 minutes before turning out to cool completely. Decorate with **dried**

**fruit** and **nuts** and brush with **apricot jam**, or decorate with **marzipan** and **icing**.

## To make a Christmas pudding

■ Mix 1 jar **mincemeat** with 100g grated **butter**, 200g **self-raising flour**, 200g dark **soft brown sugar**, 4 tbsp **golden syrup**, 4 tbsp **ginger wine**, 1 grated **apple**, 2 balls chopped **stem ginger in syrup**, 2 **eggs** and 100g **sultanas**. Spoon into a 1.5 litre pudding basin (or 2 smaller ones) cover with greaseproof paper and foil and steam for 2 1/2 hours or until cooked through (test with a skewer). Keep steaming if you want the pudding to darken.

## To make mincepies

■ Roll out 500g **shortcrust** or **puff pastry** to the thickness of a £1 coin and stamp out 12 circles about 8cm across to line 8 bun holes. Put a small spoonful of **mincemeat** in each (don't overfill or they'll explode). Stamp out 12 slightly smaller rounds for lids. Seal the lids on with a little beaten **egg** and then brush the lids with beaten egg - sprinkle with **golden caster sugar** if you like. Bake at 200C/fan 180C/gas 6 for 15-20 minutes or until the pastry is golden and cooked. These will freeze cooked or uncooked; to cook from frozen use the same temperature for 30 minutes.



For more Christmas recipes  
visit [bbcgoodfood.com](http://bbcgoodfood.com)



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## DECORATE

### CRACKERS AND PARTY HATS ASIDE, A CHRISTMAS TABLE DESERVES SOME EXTRA EFFORT

■ Bruno Loubet of Bistrot Bruno Loubet in London opts for a natural but festive look. 'We usually go foraging before Christmas for our table decorations. All my girls get together and make table arrangements with what we've picked.'

■ Michael Currie, Hospitality Manager of the Second Floor Restaurant, Bar and Brasserie at Harvey Nichols Manchester likes to 'lay the table with a crisp white tablecloth and finish with a red runner and white napkins tied with red ribbon. It's simple, classic and chic.'

■ **olive** editor Christine Hayes likes plenty of candles, cinnamon sticks and rosemary tied together at place settings and a quirky, personal message tied around each napkin.



### TRY THIS COMBO BRUSSELS SPROUTS + CHEESE

■ Julia Child recommends browning Brussels with grated Swiss cheese in *Mastering the Art of French Cooking*, and fellow American cook James Beard adds three whole tablespoons of parmesan to his Californian-style sprouts recipe (*American Cookery*) and *epicurious.com*'s chestnut, chive and shallot sprouts - topped with a generous handful of crumbled blue cheese - looks right up our street.

■ Even blogger and former sprout-hater Heidi Swanson finds solace in the combo (*101cookbooks.com*). If the photos are anything to go by, we'd be proud to serve a big bowl of her golden-crust sprouts (parmesan is the best cheese to use, she says) with the turkey.

## CHRISTMAS BOOKS FOR FOOD ANORAKS

As usual at this time of year, you'll find plenty of books published just in time for Christmas.

Fans of Nigel (*Tender, Volume II, A Cook's Guide To The Fruit Garden*, Fourth Estate, £30\*), Nigella (*Kitchen*, Chatto and Windus, £26\*), Gordon (*Ramsay's Best Menus*, Quadrille, £20\*) and Jamie (*Jamie's 30 Minute Meals*, Michael Joseph, £26\*) will be able to add to their collections. If you are a baker, there are more new books than you can fit on your shelves. We like American books *Baked Explorations*, *Classic American Desserts Reinvented* (Stewart, Tabori and Chang, £19.99\*) and *The Perfect Finish, Special Desserts For Every Occasion* (W.W. Norton and Co, £25\*). But these are for the real food anorak:

■ **Thai Street Food** by David Thompson is an epic read and weighs an absolute ton. Beautifully photographed, it contains enough classic recipes such as green papaya salad and steamed fish curry to keep you happy for a year's worth of weekend cooking. (Conran Octopus, £40\*)

■ **Noma** by René Redzepi. This cookbook from the new world's number one restaurant is for inspiration, unless reindeer with celeriac and wild herb gel sounds ultra achievable. Beautiful, aspirational and best enjoyed on the sofa while you save for the airfare. (Phaidon, £35\*)

■ **Quay, Food Inspired By Nature** by Peter Gilmore contains recipes from his restaurant in Sydney. It's molecular in style - dishes include jellies made into iridescent pearls and snow eggs made by enclosing poached meringue in a maltose tuile. Eight-texture chocolate cake is one of the most luscious pictures. (Murdoch Books, £35\*)

\* **olive** offers: *Tender, Volume II, A Cook's Guide To The Fruit Garden*, £27; *Kitchen*, £24; *Ramsay's Best Menus*, £18; *Jamie's 30 Minute Meals*, £24; *Baked Explorations*, *Classic American Desserts Reinvented*, £17.99; *The Perfect Finish, Special Desserts For Every Occasion*, £23; *Thai Street Food*, £37; *Noma*, £33; *Quay, Food Inspired By Nature*, £33. All offers include free p&p. Call **olive** book offers on 01872 562313.



**GASTRONERD  
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Literally 'half cold' in Italian, semifreddo is a class of chilled desserts based on semi-frozen custards. Easier to make than ice cream - a basic mixture can be poured straight into a mould and left to freeze. Fashionable right now served in a glass, frozen just until it is thick and creamy.



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# Madgett's Farm

**olive** talks to farmers Elaine and Daryn Williams who rear top-drawer, free-range ducks, chickens, turkeys and geese

Words CAROLINE SHAW Photograph SAM HOFMAN

**'Daryn's family has run Madgett's Farm for more than 40 years.**

They originally had a dairy herd, but Daryn's grandmother also raised a few birds for Christmas and they were always delicious. When we took over the farm we gradually increased the number of birds until, in 2001, we made it into a year-round poultry business.

**'Plenty of fresh air, natural light and good food make the best birds.** We rear Aylesbury Pekin ducks and White Cobb chickens all year round, plus white and bronze turkeys and geese for Christmas. They're allowed to roam on the fields by day, feeding on the grass and homemade feed we make from our own wheat or barley.

**'We take our birds right from field to plate.** After rearing them slowly, they're slaughtered and processed here on the farm. Our turkeys and geese mature for six weeks, before being hung for a week ready for Christmas. We use dry wax plucking, as opposed to the usual hot water method, as it gives a clean, dry bird and leaves the skin intact to crisp up really well when cooked. Because the birds are allowed to grow naturally, they have succulent, textured meat with a lovely concentrated flavour.

**'Rick Stein said our duck was the best he'd ever tasted.**

He visited us at Stroud farmer's market with *Great British Menu* judge Matthew Fort. They bought two ducks to take home for tea. Rick loved our birds so much he featured Madgett's Farm on his BBC series, *Food Heroes*. Chef Matt Tebbutt is also a fan – he uses our birds at his restaurant The Foxhunter in Monmouthshire.'

**HOW ETHICAL IS MADGETT'S FARM?**

**Food miles?** Low. Birds are reared, slaughtered and processed on the farm.

**Animal welfare?** High. Birds are free range and only moved a short distance to be slaughtered on the farm, minimising stress.

**Packaging?** Kept to a minimum where possible. Birds are sent in reusable trays and recyclable boxes.

■ Buy Madgett's Farm birds online at [madgettsfarm.co.uk](http://madgettsfarm.co.uk) or find them at Stroud, Gloucester, Cirencester, Cheltenham and Cardiff Riverside farmer's markets. From £56 for a box of four fresh chickens. You'll also find them on local restaurant menus such as The Foxhunter ([thefoxhunter.com](http://thefoxhunter.com)) and Calcot Manor ([calcotmanor.co.uk](http://calcotmanor.co.uk)). To read more about Rick Stein's BBC Two series *Food Heroes*, go to [rickstein.com/food-heroes.html](http://rickstein.com/food-heroes.html)





**HOW TO TEST YOUR TURKEY IS COOKED**  
Pierce the thigh to the bone with a skewer – clear juices should run out. If they are pink, keep cooking. If the legs are tied, then untie them and check the inside thigh in the same way.



**COOKING**  
LULU GRIMES



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JESSICA GUNN



**WINE**  
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# Ask olive

Got a cooking, restaurant, wine or travel question? Let **olive** help

**We're a family of four foodies and are planning a trip to Kent. Can you recommend any good places to eat?**

**Gavin Markwick**

**JESSICA The Sportsman** is a pub on the saltmarshes between Faversham and Whitstable, where you'll find chef Stephen Harris curing his own locally reared pork and making his own salt from the sea outside (mains, £14.95-£21.95; [thesportsmanseasalter.co.uk](http://thesportsmanseasalter.co.uk)). You might like **The Three Mariners** in Faversham, which serves food such as local fish and chicken from nearby Monkshill Farm. Check out the great value lunchtime menus (three-course walker's lunch Tues-Fri, £11; [thethreemarinersoare.co.uk](http://thethreemarinersoare.co.uk)). For Michelin stars, head to **Read's**, a stately restaurant with rooms, serving dishes such as roasted loin, braised breast and sautéed sweetbreads of Kentish lamb with Anna potatoes and rosemary scented jus (lunch £24, dinner £55; [reads.com](http://reads.com)). In Canterbury, don't miss **The Goods Shed** (pictured), a farmers' market-cum-restaurant (mains £11-£17; 01227 459153). For something grander, try Michael Caines' hotel/restaurant chain, **Abode Canterbury** ([abodehotels.co.uk/canterbury](http://abodehotels.co.uk/canterbury)), or for more Michelin stars, **Chapter One** (set-lunch, Mon-Sat,



£18.50, three-course dinner £32; [chaptersrestaurants.com](http://chaptersrestaurants.com)). Both serve modern European food. **Age & Sons** in Ramsgate serves seasonal dishes in a converted Victorian warehouse (mains £8.50-£16; [ageandsons.co.uk](http://ageandsons.co.uk)). Whitstable has several great restaurants, such as **JoJo's** for tapas ([jojorestaurant.co.uk](http://jojorestaurant.co.uk)), restaurant-cum-seafood bar **Wheeler's Oyster Bar** (mains £17.80-£21.50; 01227 273 311; early booking essential), and **Whitstable Oyster Fishery**, it has a low-key dining room, friendly staff and a top line-up of fish and seafood (£16.50-£22; [oysterfishery.co.uk](http://oysterfishery.co.uk)).

**My husband and I will be visiting Venice and would appreciate some suggestions on foodie things to do. Dianne Ashton**

**ALISON** Head to a bacaro (wine bar), such as **Taverna da Baffo** (Campo Sant-Agostin 2346, San Polo; 00 39 041 520 8862) and drink a spritz (white wine, fizzy water and Campari or Aperol) and indulge in a little cicchetti, (pronounced chi-KET-tee) Venice's version of tapas. Dishes might include baccala fritto (fried

salt cod), baccala mantecato (salt cod mousse on toast), castraure (deep-fried artichokes) and tramezzini (small, fat finger sandwiches filled with cheese and ham). Buy ham and cheese to take home at **Casa del Parmigiano**, pictured, ([aliani-casadelparmigiano.it](http://aliani-casadelparmigiano.it)), where the same family has been selling parmesan and Parma ham since moving from the Parma countryside in 1936. Wander through **Rialto Market** to inspect Venice's fabulous local produce then head to my favourite Venice restaurant, **Osteria da Andrea** (Campo San Giacommetto 122, San Palo). Tiny and right on the edge of Rialto Market, it has great atmosphere and an excellent market-produce driven menu, with ingredients such as locally grown artichokes and wild asparagus.

**How can one tell if a wine is corked? Is it a subtle or an obvious taste abnormality? Paul Grant**

**VICTORIA** A badly corked wine has a very distinctive pong: think soggy old cardboard or stale drains. Unfortunately it's a smell most have encountered so many times in wine they don't always associate it with a fault, often presuming they've simply picked another duff bottle. To complicate matters, cork taint, as it's known, which is caused not by little bits of cork floating in your glass but by the presence of a chemical called 2,4,6-trichloroanisole, or TCA for short, can affect wine on a sliding scale. Some people are so sensitive to corked wine that their noses twitch at the merest hint of musty cardboard. If you're not one of those, the first sign there might be a problem is often a dismal absence – a lack of the bright smell and taste you hope for. If unsure, leave the wine 10 minutes or so; time tends to exaggerate the effect, making it easier to spot. Never be afraid to complain, or take a bottle back. And don't be cowed: even experts have been known to disagree on whether or not a wine is corked. It's an argument that's often settled by opening a second, third or fourth bottle.

**I only cook goose at Christmas and I'm never sure how to deal with the fat that comes off during roasting. How do you 'render' fat to keep it? A Gaskell**

**LULU** The best way to deal with goose fat is to cook the bird on a wire rack set in a roasting tin. If the rack sits high enough you won't need to tip off the fat during cooking. The fat that comes off as it cooks is already rendered – you just need to sieve it and keep it in the fridge. A separator (see page 141) is great for getting the juices off the fat to make gravy. Any fat trimmed before cooking can be melted in a saucepan with an equal quantity of water – when it starts to spit, cool it completely. It will set solid and can be lifted off the water and stored in an airtight container in the fridge for a couple of months.



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# THE **olive** PROMISE

We hope you enjoy **olive's** recipes, restaurant reviews and travel features all the more because they are served up with a sense of humour. At the same time, we are as serious about eating well and with a conscience as you are. Here's what you can expect from this and every issue:

**TRIPLE-TESTED RECIPES** Our recipes are tested at least three times – by the recipe writer, on our photo shoots and by a member of the cookery team in the **olive** test kitchen – which is why they always work. Each recipe is tasted and then adjustments are made, if necessary, so you end up with the perfect dish every time.

**EASY RECIPES** We believe you can eat well at home even if you don't have bags of time. Most of **olive's** recipes are quick and easy, and can be made using accessible ingredients.

**THE ODD CHALLENGE** Weekends, on the other hand, are made for showing off, so we include a handful of recipes to stretch adventurous cooks.

**GOOD VALUE** Look out for our ideas on how to make your hard-earned cash go further. *7 meals for £35* shows you exactly what to buy and exactly what to cook from Monday to Sunday. For bargain wines, turn to *Drink up* on page 21.

**SEASONAL EATING** We enjoy using seasonal ingredients because they give the food year a distinct rhythm. This month we're enjoying clementines by the sackload!

**HEALTHY EATING** We reckon the 80% good, 20% indulgent way of eating is sensible, but we'll leave the decisions about what, when and how you eat to you – nutritional info follows each recipe to help you decide.

**PROVENANCE MATTERS** We like meeting the people who produce what we eat, but there often isn't time, so we also shop carefully in supermarkets. Where possible, we use free-range eggs and chickens, humanely reared meat, organic dairy products, sustainably caught fish, unrefined sugar and fairly traded ingredients.

**INTERNATIONAL SAVVY** British is good, but we also like to cook dishes inspired by our travels. Some ingredients only grow in tropical conditions and can't be had without notching up air/sea miles, so getting them to the UK has environmental implications. It's your choice whether or not you use them.

**CHEAP EATS AND SMART TREATS** Transport ciffs and Michelin-starred restaurants: there's room for both in **olive's** *Eat out* pages. We may have stumbled upon the places we feature on a weekend away, been invited there by an enthusiastic chef or investigated it after a tip-off from a reader. We love hearing your views on eating out and our regular *pro vs punter* feature invites you to go undercover for **olive**.

**LOCAL KNOWLEDGE** The *eat away* section arms you with insider info and recipes from the world's most exciting food destinations, written by on-the-ground food experts. Our budget and blowout ideas show you the best-value places to eat, drink, shop and stay when travelling.

**BIG ISSUES** Preaching doesn't come naturally to us and we won't tell you what, or what not to eat. Instead we keep you up-to-date with current debates in the food world in our regular **olive investigates** feature. If you want to know more, we recommend web links, often to our BBC colleagues, so you know that you'll be getting reliable expert advice.

# SMALL PRINT

**OUR RECIPES** Because **olive's** recipes don't always give exact quantities for ingredients such as oil and butter, nutritional quantities may not always be 100% accurate. Analysis includes only the listed ingredients, not optional ingredients, such as salt, or any serving suggestions.

**Meat** Care should be taken when buying meat that you intend to eat raw or rare.

**Eggs** Use large eggs, unless otherwise stated. Pregnant women, the elderly, babies and toddlers, and people who are unwell should avoid eating raw and partially cooked eggs.

**Vegetarian** Always check the labels on shop-bought ingredients such as yoghurt, cheese, pesto and curry sauces to ensure they are suitable.

**Recipe costings** are based on the exact amount of ingredient used; for example, 125g of butter will be costed at half the price of a 250g pack. Our costings are always based on free-range eggs and meat.

❄️ This symbol means recipes can be frozen. Unless otherwise stated, freeze for up to three months. Defrost thoroughly before eating, and heat hot food until piping hot.

**TRAVEL** **olive** provides trusted independent travel advice and information. The majority of our travel recommendations come from specialists who live in, or travel frequently to, the destination they write about. Because we believe it's important that our journalists experience the things they're writing about first-hand, at times it may be necessary for us to seek assistance from travel providers such as tourist boards, airlines, hotels etc. However, when receiving such assistance, we ensure our editorial integrity and independence are not compromised through the following measures:

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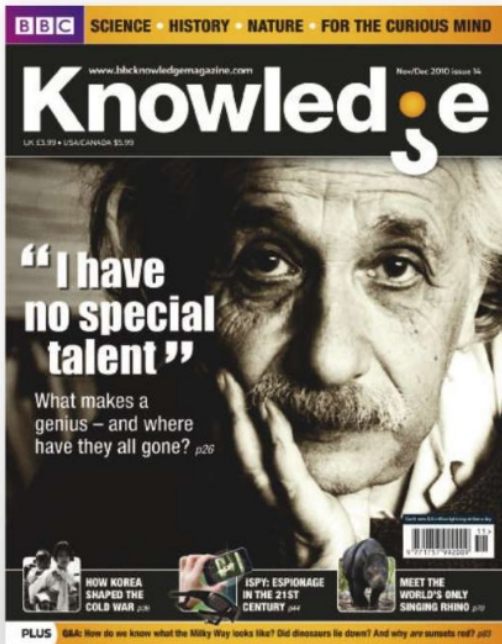
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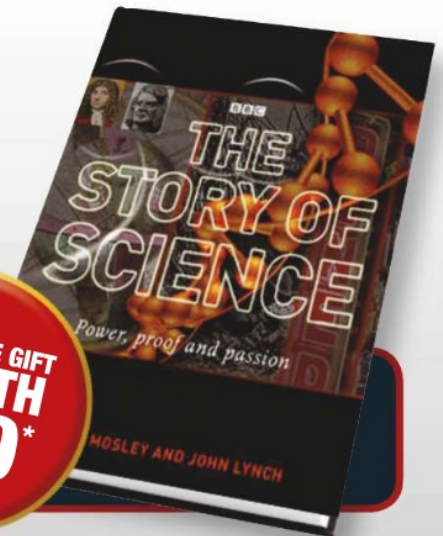
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\*Always check shop-bought ingredients such as yoghurt, cheese, pesto and curry sauces to ensure they are suitable for VEGETARIANS.

For more olive recipes see [bbcgoodfood.com/olive](http://bbcgoodfood.com/olive)



# olive heroes

A historic British restaurant and France's most desirable cooking fat enter the **olive** hall of fame

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## RULES

Oldest, just like priciest, isn't necessarily a signifier of restaurant quality. But Rules, arguably London's longest-running restaurant, is a glorious collision of Victorian decor and top-drawer food that's retained its staunch Britishness for over 200 years. The rakes and dandies who first frequented Rules were followed by literati – Thackeray, Waugh, Greene – and film greats such as Charlie Chaplin, Clark Gable and Laurence Olivier. One of the last Rules to own it, Charles, headed to Paris in 1918 after swapping it for Parisian restaurant The Alhambra with Brit Tom Bell. In 1984 Tom's daughter sold Rules to the current owner and it retains the name, along with its devotion to classics such as oysters, smoked salmon, grass-fed beef and, above all, game – much of which comes from the restaurant's own estate in the Pennines. The polite, never obsequious service also feels very British, but while this might conjure up a quaint period piece, you can't accuse Rules of being stuck in the 19th century. New chef Harvey Ayliffe's menu updates classics such as crab salad by adding wild herbs, and monkfish is served with Charlottes and sea aster. Then there's the imposing portrait of an armour-clad Margaret Thatcher by John Springs. The upstairs bar, run with precision by cocktail supremo Brian Silva, dispenses a pared-down list of classics, some, such as the delicate violet martini, with a modern twist. Because Rules might be old school, but it's also cool. (rules.co.uk)

**SIX DEGREES OF SEPARATION** If there's one place in the world where they embrace their goose fat, it's the French region of **Gascony**, birthplace of the fictional musketeer **D'Artagnan**, played in the 1948 Hollywood film by screen legend **Gene Kelly**, who, later in his career, directed the film *Hello Dolly!* starring **Barbra Streisand**, who in 1969 became a business partner of the late actor, director and salad-dressing entrepreneur **Paul Newman**, who is one of myriad famous names to have dined in Rules restaurant.



## GOOSE FAT

There was a time when goose fat, like olive oil, could only be found in Britain if you searched dusty shelves at the chemist, looking for an effective chest rub. But in the 1950s, Elizabeth David suggested that we might like to emulate our French cousins by frying with it. Today, chefs fall over themselves to recommend goose fat as one of those essential Christmas purchases, with its high smoking point making it particularly fantastic for roast potatoes. Good brands to try are Le Marche Gourmand (£2.20/180g, Sainsbury's), La Truffe Cendrée (pictured above, £3.49/350g, Sainsbury's) and Merchant Gourmet (£2.09/350g, merchant-gourmet.com). But goose fat, like puppies and party poppers, isn't just for Christmas. In the southwest of France it's as common an ingredient as salt, and confit – the meat of the goose preserved in its own fat – is employed liberally in many dishes, especially stews (check out the book *Goose Fat and Garlic* by Jeanne Strang for the full lowdown). And, while we'd stop short of ascribing health benefits to feasting daily on cassoulet and red wine, there's no denying that goose fat has fewer saturated fats than butter or lard, so there's no need to wince with guilt every time you reach for it. It's fine. In fact, it's better than fine; having a jar in your fridge is nothing short of a badge of honour. And if you think we're getting excessively sentimental about goose fat, it's probably no coincidence that the German word for it is 'schmaltz'.

In next month's olive ... **Home-made food gifts** \* **Anthony Bourdain's New York**  
\* **Gordon Ramsay's Christmas menu** \* **On sale Wednesday 8 December**



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